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A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemichals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran

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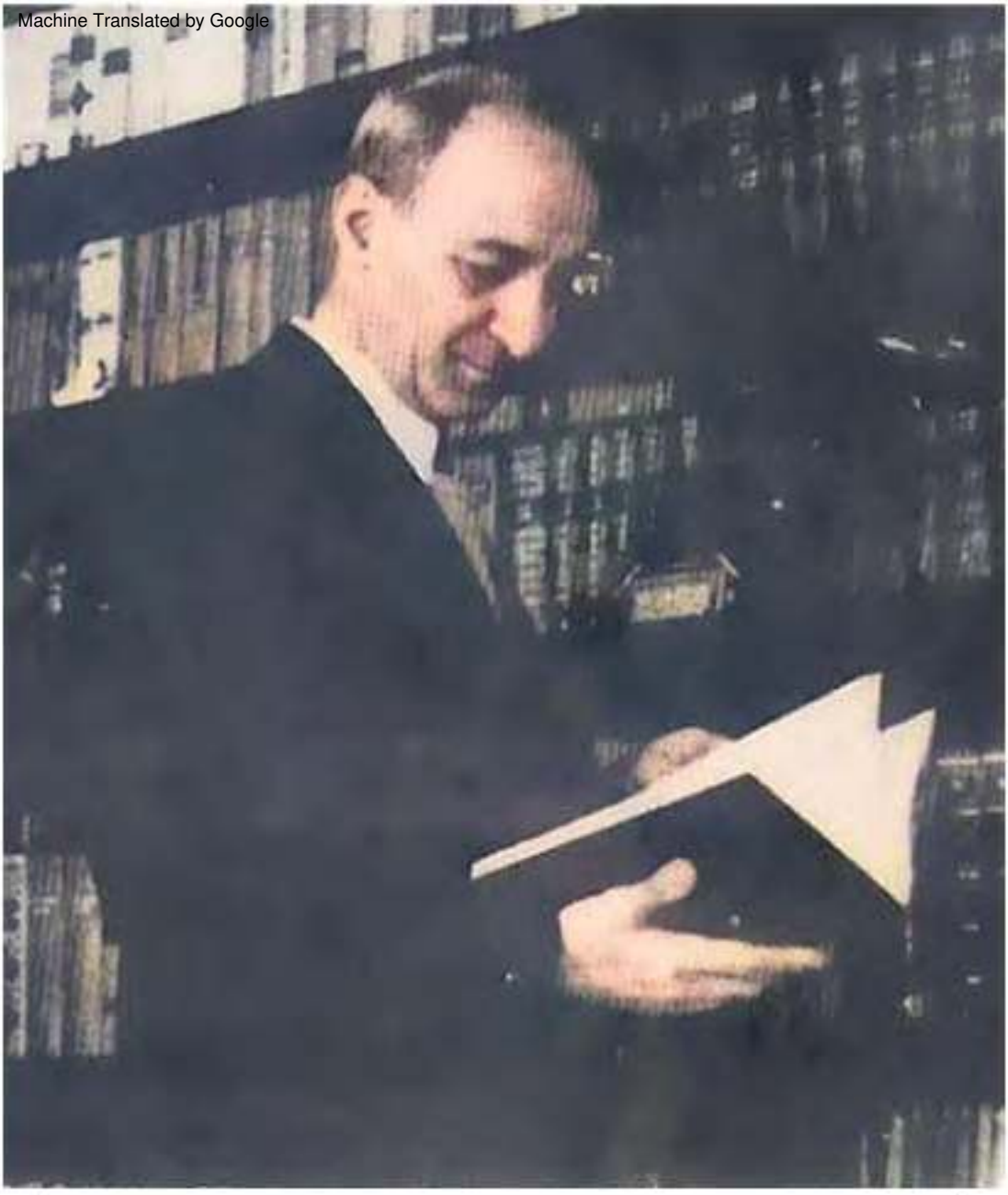

Arshavir Ter Hovannessian, mlembi wa bukhuli, yemwe anali akufa mokakamizidwa ndi matenda osiyanasiyana zaka 19 zapitazo, tsopano wapulumutsidwa kwathunthu ku zovuta zake zonse ndi yaiwisi-zanyama, ndipo ali ndi zaka 75, ali ndi thanzi labwino ndi mphamvu za mnyamata. Ake zochitika za tsiku ndi tsiku ndikuwonetsa anthu kuti matenda onse ndi masautso ena adziko lapansi amabwera chifukwa cha kudya zakudya zophikidwa (zophedwa) ndi mankhwala a mankhwala ndi zinthu zina zakufa.

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ARSHAVIR TER-HOVANNESSIAN (ATERHOV)

KUDYA ZOSAVUTA

Dziko Latsopano Lopanda Matenda, Zoipa ndi Ziphe

Kuitanitsa ndi Kufalitsa **RAW-ETING**

KUFULUKA KWA KUDYA ZOSAVUTA NDIKO KWAMBIRI NDIPO NTCHITO YA ANTHU KWAMBIRI PADZIKOLI

Baibulo: Chingelezi 3rd edition wosinthidwa + Persian th edition (1976) & Kabuku ka ku Perisiya kotchedwa "Cooked eating, a deadly addiction" (1980) lomasuliridwa mu Chingerezi.

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PREFACE mpaka 2nd EDITION

Gawo loyamba la bukhuli lidasindikizidwa mu 1963 pansi pa mutu wa RAW-EATING. M'buku laling'onolo, lomwe linali ndi chidule cha malingaliro anga okhudza zakudya, ndinali nditakhudza pafupifupi mbali zonse zofunika za kudya kosaphika. Nthawi zambiri, palibe chifukwa cholowa mwatsatanetsatane wanthawi yayitali kuti alengeze kudziko lapansi chowonadi chosavuta kuti ntchito zophika ndi zoyenga, pogwiritsa ntchito zomwe zakudya zachilengedwe zimasinthidwa kukhala zinthu zomwe sizili zachilengedwe, sizinthu zovulaza zokha. kuswa malamulo a chilengedwe, koma ndi amene amayambitsa matenda onse. Munthu wosadziwa kwambiri angazindikire momveka bwino kuti, m'malo momasula anthu ku matenda, sayansi yachipatala yozikidwa pa zakudya zophikidwa ndi mankhwala oopsa amatsogolera anthu ku matenda aakulu, omwe zamoyo zina zonse zimatetezedwa.

Pambuyo poŷerenga mizere yoŷerengeka chabe ya nkhaniyo, munthu wowona bwino amadzuka ku kusayanjanitsika kwake kwaulefu ndi kuzindikira kuwopsa kwa mkhalidwewo. Komabe, unyinji wa anthu, pokhala wochititsidwa khungu ndi malingaliro olakwika amakono a sayansi ya zamankhwala ndi kusalidwa ndi unyinji wa malingaliro oyambika, amafuna kukhala ndi chidziŷitso chowonjezereka pankhaniyi. Ndicho chifukwa chake, m'gawo lachiŷiri la bukhuli, ndabwera ndi mafotokozedwe owonjezereka ndi atsatanetsatane pa mafunso angapo ofunika kwambiri. Panthawi imodzimodziyo mwayi wakhala ukugwiritsidwa ntchito kuti apange zosintha zingapo zazing'ono ndi kukonzanso mu gawo loyamba. M'kope loyamba la bukhulo lingaliro la kudya zosaphika linali lidakali m'magawo ake achikale; lero wakhala akugwiritsidwa ntchito m'mayiko ambiri. Mwa kusiya zakudya zophikidwa ndi mankhwala oopsa, zikwi za anthu anzeru padziko lonse lapansi adzichiritsa okha ku matenda awo omwe akhalapo kwa nthaŷi yaitali ndipo tsopano ali okhoza kusangalala ndi moyo wopanda mavuto wathanzi ndi chimwemwe. Pamapeto pa bukhuli ndapereka kasankhidwe kakang'ono ka makalata ochuluka omwe analandira kuchokera kwa anthu oterowo.

Makina kapena chida chatsopano chikapangidwa, mayeso angapo opambana amaonedwa kuti ndi okwanira kutsimikizira kapena kutsimikizira kupangidwako. Masiku ano, zikwi za anthu athanzi padziko lonse lapansi ndi umboni weniweni wa zimenezi

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kudya zosaphika kumapulumutsa anthu ku matenda amtundu uliwonse padziko lapansi. Mwina wina akanaganiza kuti zimenezi zikanakhala zokwanira kudzutsa dziko la sayansi ku mphwayi ndi kukhutiritsa aliyense za ubwino waukulu umene kudya kosaphika kumatibweretsera tonsefe.
Lerolino anthu amene ali akhungu chifukwa cha kumwerekera amalinganiza misonkhano yapadziko lonse yolimbana ndi kupereÿera kwa zakudya padziko lonse lapansi ndi kukamba nkhani zosatha pa nkhani zopusa, pamene 80 peresenti ya zakudya zenizeni zopatsidwa kwa ife mwachibadwa zimawonongedwa mosalingalira ndi manja awo mwa kuphika ndi kuyenga.

Ndikupempha anthu onse owona zachifundo kuti akweze mawu awo ndipo popitirizabe kupempha akuluakulu aboma kuti achitepo kanthu mwamsanga kuti agwiritse ntchito mfundo za kudya zosaphika. Yakwana nthawi yoti tichitepo kanthu.

GAWO LOYAMBA

Momwe Ndidapangira Lingaliro Lakudya Zosaphika

Chakudya chosaphika chamasamba chiyenera kukhala chakudya chokhacho chomwe munthu amadya.
Chizoloÿezi chodya chakudya chophika chiyenera kusiyidwa m'dziko lino kamodzi kokha. Uku ndiko kufuna kosalakwitsa kwa chilengedwe. Kudya chakudya chophikidwa ndi chipongwe choyipa kwambiri m'mbiri ya anthu, nkhanza zomwe palibe amene akuwoneka kuti akuzidziwa komanso zomwe aliyense amakomoka. Mosasamala kanthu za mmene lingalirolo lingawonekere lachilendo kwa ena, ndilo chowonadi chotheratu chimene sitingakhoze koma kuchivomereza.

Chowonadi chimenechi chinawonekera kwa ine pamene, pambuyo pa zaka 18 za kuphunzira mosamalitsa ndi kufufuza, ndinakhutiritsidwa kuti imfa za 10-Mwana wamwamuna wazaka 14 ndi mwana wamkazi wazaka 14 adayambitsidwa ndi zakudya zopanda thanzi. Kuchuluka kwa kuyezetsa kwachipatala komwe kunachitika ku Persia, France, Germany ndi Switzerland poyesa kosiyanasiyana kuti apeze matenda enaake m'zamoyo zawo komanso utsogoleri wotsatira wamankhwala ambiri adatenga nawo gawo lalikulu pakubweretsa tsokali. Ana anga anafa chifukwa cha kuwonda kwapang’onopang’ono ndi kuwonongeka kwa ziwalo zawo zonse chifukwa cha kudyetsedwa kosagwirizana ndi chilengedwe ndi mankhwala oopsa.

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Ndatha kuloÿa m’zinsinsi za sayansi ya zamankhwala ndi kuona mbali zake zabwino ndi zoipa momvekera bwino, chifukwa chakuti sindinasonkhezeredwe ndi chiyembekezo chodzakhala dokotala kapena kupeza phindu lililonse lazachuma. Chilimbikitso changa poyamba chinali chikhumbo chochita zonse zomwe ndingathe kuti thanzi la ana anga okondedwa, ndipo pambuyo pake chikhumbo champhamvu chopititsira patsogolo kukumbukira kwawo pokhala othandiza kwa anthu.

Chinthu chinanso chomwe chathandizira kuti ndizindikire bwino za zolakwa za sayansi ya zamankhwala ndi dongosolo latsopano kotheratu limene ndachita maphunziro anga mwa kudziphunzitsa ndekha, popanda kusokoneza pulogalamu ya maphunziro. Sindinaledzerepo ndi zonena mokokomeza za kupita patsogolo kochitidwa m’malo mwa sayansi ya zamankhwala kapena nkhani zongopeka za phindu lodabwitsa limene lingapezeke m’mankhwala. Ndayankhira mafunso awa ndi malingaliro otsutsa ndipo nthawi zonse ndakhala ndikudandaula kwambiri pa zofooka zawo. Komanso, nthawi zonse ndimayang’anitsitsa mfundo yakuti, mosasamala kanthu za kukhalapo kwa mamiliyoni a madokotala oyenerera ndi chiÿerengero chachikulu cha opambana mphoto ya Nobel, anthu otukuka amadwala matenda osiyanasiyana kaÿirikaÿiri kuposa nyama zina zilizonse, ndi matenda monga sclerosis. , matenda a shuga, matenda a mtima ndi kansa zikuwonjezereka pamlingo wowopsa, zikuwopseza kufafaniza mtundu wa anthu padziko lapansi. Sindinataye nthawi yanga kuloweza zizindikiro za matenda, mayina ndi milingo yamankhwala ndi zovuta zambiri zomwe sizifunikira kawirikawiri, chifukwa sindinakhalepo ndi cholinga cholemba mayeso ndikupeza madigiri. M'malo mwake, momwe ndingathere, ndapereka nthawi yanga pakuphunzira nthambi zambiri za sayansi ndikuwunika magwero a chidziwitso chambiri, kuchokera ku mfundo zazikuluzikulu zomwe ndatha kujambula zofunikira zina, mfundo zofunika.

Zotulukapo za zaka 18 za kuphunzira mwakhama ndi ntchito yolimbikira zaphatikizidwa m’bukhu la mavoliyumu aÿiri aakulu, loyamba limene, bukhu la masamba 568, linafalitsidwa m’Chiameniya mu 1960.

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Kugwira Ntchito Moyenera kwa Fakitale Iliyonse Kumadalira Kuperekedwa Kwa Unifomu Pazinthu Zonse Zopangira Zopangidwa ndi Injiniya.

Kufikira kupezeka kwa moto, pamodzi ndi nyama zina zonse, munthu anali atakula ndikuchita chisinthiko chake mwa kudya zakudya zachilengedwe, zosaphika. Koma chiyambireni kupezedwa kwa moto, popanda kusinkhasinkha kwambiri, amuna ayika zakudya zachilengedwe pamoto, awononga zigawo zawo zofunika, kuzidetsa ndi kuzidyetsa nazo matupi awo. Monga chotulukapo chachindunji, patuluka matenda onse amene anthu onse akuvutika nawo lerolino.

Chamoyo chaumunthu ndi fakitale yamoyo yomangidwa ndi kuyesetsa kosalekeza kwa chilengedwe. Nthawi yomweyo, pomanga fakitale iyi, chilengedwe chathu chodabwitsa chagwiritsa ntchito kuwala kwadzuwa kupanga zida zonse zofunika kuti zigwirizane ndi masauzande ambiri a machitidwe ovuta a chamoyo chathu ndikuwonetsetsa kupanga kofananira. Kuphatikiza apo, chilengedwe chayika zidazo mu ungwiro wawo wonse ndi mgwirizano wopanda cholakwa wa zigawo zawo zosiyanasiyana mu kambewu kakang'ono ka chimanga, mumbewu yapomegranate, mu mabulosi amphesa kapena tsamba la chomera. . Chakudya chilichonse "chochepa" chomwe chimatengedwa padera chimakhala ndi zinthu zonse zofunika kuti chamoyo chamunthu ngati munthu chikhale chamoyo.

M'zinthu zakuthupi kupatuka kochepa kwambiri kuchokera mwatsatanetsatane opangidwa ndi mainjiniya kuti azigwira ntchito bwino pamakina a fakitale, kapena kulakwitsa kwa zinthu zomwe zafotokozedwa kuti zitsimikizire kuti zimagwira ntchito bwino, kumabweretsa kuwonongeka kofananira ndikugwira ntchito kwa mbewuyo. Momwemonso, kuwonongeka pang'ono kapena kusinthika kwazinthu zopangira zomwe zimaperekedwa mwachilengedwe kuti zitsimikizire kuti magwiridwe antchito azovuta zathupi la munthu amayambitsa kusokonezeka kwa magwiridwe antchito achilengedwe a ziwalo zathu ndipo zovuta izi zimawoneka ngati matenda.

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Njira zosiyanasiyana zogwiritsidwa ntchito ndi munthu powononga kapena kuwononga zinthu zopangira bwino zomwe zimaperekedwa ndi chilengedwe kuti zigwire ntchito bwino m'thupi lake sizimaganiza. Pachifukwa chimenecho, anthu otukuka apanga mafakitale a ziwanda, mauvuni, ng'anjo ndi khitchini. Kuwonongeka kulikonse kwazakudya zachilengedwe kumatsatiridwa ndi kuwononga kofananirako m'thupi la munthu. Kudya kwachilengedwe kumapangitsa kuti thupi lathu lizigwira ntchito bwino, pomwe zakudya zopanda chilengedwe zimatsatiridwa ndi kutululutsa kwachilendo kwa ntchito zake. Kuchuluka kwa matenda ndi chifukwa cha kusiyana kwakukulu kwa kuwononga kwa zakudya zachilengedwe.

Pokhapokha kuti zosowa zake zonse zikukwaniritsidwa ndi malamulo a chilengedwe, the chamoyo chaumunthu, chomwe ndi chamoyo changwiro kwambiri pa zinyama, chikhoza kukhala ndi thanzi labwino kuyambira zaka zosachepera 150 mpaka zaka 200-250. Zakudya zophikidwa zimakakamiza ziwalo za munthu kugwira ntchito mowirikiza kangapo mmene zilili bwino, zimatopetsa msanga, zimayambitsa matenda osiyanasiyana ndi kufupikitsa moyo wa munthu kufika pamlingo wochepa wautali wautali. M'nthaŷi yamakono ya kupita patsogolo kwa sayansi, munthu akanatha kuchotsa matenda onse mwa kudziletsa kotheratu pa chakudya chophikidwa ndipo iye akakhoza kuthera nyonga zake ku phunziro la mavuto a moyo wautali okha.

Panthaŷi imodzimodziyo, ndi zakudya zachibadwidwe, munthu ayeneranso kuonetsetsa kuti zonse zofunika za chilengedwe chake zikukwaniritsidwa. Izi ndi mpweya waukhondo, kugona msanga, kudzuka msanga, kugwira ntchito yamanja, kudziletsa kutenthetsa, ukhondo, ndi zina zotero.

Matenda a Kadyedwe Mwachindunji ndi Osalunjika

Matenda opatsa thanzi amagawidwa m'magulu awiri akuluakulu: mwachindunji ndi matenda osalunjika. Matenda opatsa thanzi achindunji ndi omwe amayamba chifukwa cha kuchuluka kwa zakudya zinazake kapena kuchepa kwa ena. Zakudya zamoto ndi nyama zimakhala ndi zotsatira za kuika maganizo ndi kuonjezera mapuloteni ndi mafuta muzakudya, panthawi imodzimodziyo kuchotsa zinthu zamtengo wapatali zopatsa thanzi. Sayansi mpaka pano yatha kuzindikira chiwerengero chochepa chabe cha zinthu zimenezi, zomwe zatchedwa mavitamini ndipo popanda moyo.

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sangakhalepo. Pakati pa mwachindunji zakudya matenda ayenera kuikidwa onse aakulu matenda ndi akusowa matenda. Matendawa amakula pang'onopang'ono komanso mobisa. Malingana ngati matendawa sanalowe m'magawo ake omaliza komanso ziwalo sizinasiye kugwira ntchito, munthuyo amadziona kuti ndi wathanzi. Pakachitika kuperewera kwapadera ndi kusakanikirana kwa vitamini, matendawa samawoneka ndi zizindikiro makamaka ku avitaminosis, zomwe zafotokozedwa m'mabuku; m'malo mwake imapanga maonekedwe ake ndi madandaulo omwe ndi ovuta kufotokoza.

Matenda osalunjika m'mimba ndi matenda opatsirana. M'thupi la munthu mumakhala tizilombo tosiyanasiyana tambiri timene timakhala tambirimbiri tomwe timagwira ntchito bwino m'thupi la munthu ndipo timalamulidwa ndi maselo apadera (osiyana) aumunthu, omwe amamvera malamulo awo. Koma chifukwa cha zakudya zolakwika, maselo ofooka ndi ofooka amafooketsedwa kotero kuti mwa Lamulo la Kupulumuka tizilomboti timakhala ndi mphamvu, timadzimasula tokha ku ulamuliro wa maselo amenewo, kupandukira ambuye awo, kukhala tizilombo toyambitsa matenda ndikuyambitsa matenda opatsirana bwino- kudziwika kwa ife. Nthawi zina gulu lankhondo lowononga tizilombo, lomwe likadakumana ndi chitsutso chosaneneka m'thupi lathanzi ndipo likadawonongeka nthawi yomweyo, silikumana ndi chitsutso chotere m'thupi lowonda ndikuyambitsa matenda ake enieni.

Mu voliyumu yachiwiri ya bukhu langa lachi Armenian, ndapereka malo ochuluka ku vuto la matenda opatsirana, chifukwa cha kufufuza komwe ndasanthula zigawo zina za buku loyamba la mutu wakuti "Pathological Anatomy and Pathogenesis of Human Diseases" ndi wasayansi wotchuka wa ku Soviet IV Davydovsky, lofalitsidwa mu 1956. Pogwiritsa ntchito mfundo zambiri zokhutiritsa, wolemba akutsimikizira kuti si tizilombo toyambitsa matenda omwe ali ndi mlandu woyambitsa matenda opatsirana, koma mkhalidwe woipa wa thupi, kuchepa kwa mphamvu zake chitetezo chokwanira. Koma mwatsoka, monga onse okonda zakudya zophikidwa, Davydovsky, nayenso, sangathe kufotokoza momwe tingabwezeretsere chitetezo chokwanira kapena, chabwino, kuteteza kuchepa kwake.

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Kuopa tizilombo tating'onoting'ono kwachititsa anthu mantha kwambiri moti powathawa amatsatira njira zoopsa kwambiri koma amapeza zotsatira zosiyana kwambiri. Kuphika zakudya zosaphika pofuna kupewa tizilombo toyambitsa matenda ndi chimodzi mwa zolakwika zowopsa kwambiri mu sayansi ya zamankhwala.

Sitingathe kupha tizilombo toyambitsa matenda padziko lapansi. Amapezeka paliponse, amakhalapo nthawi zonse ndipo amatha kulowa m'zamoyo zathu kudzera munjira zosiyanasiyana. Makamaka, pophika chakudya chathu choyamba timafooketsa kukana kwa maselo athu ndiyeno timawononga muzakudya zathu maantibayotiki achilengedwe omwe amapangidwa mwachilengedwe kulimbana ndi tizilombo toyambitsa matenda. Ngakhale madokotala omwe amadya zakudya zophika amatsimikizira kuti mavitamini ambiri, omwe amawononge ka pamoto, amakhala ndi mabakiteriya. Ndicho chifukwa chake nyama zomwe zimadya milu ya zinyalala sizimadwala matenda opatsirana monga momwe anthu amachitira.

Selo la Khansa ndi Ana enieni a Degenerated

Chakudya

Odya zakudya zophika ambiri amakhulupirira kuti chifukwa chakuti munthu wadya chakudya chophikidwa kwa zaka mazana ambiri, ayenera kuchizoloŷera ndipo tsopano angavutike ngati ayamba kudya zakudya zosaphika zonse mwakamodzi. M’mawu ena, ngati tadzaza galimoto ndi petulo yauve ndi yocheperapo kwa nthaŷi yakutiyakuti, injiniyo mwina taizoloŷera ndipo ingawononge ke ngati petulo yodetsedwayo ilowa m’malo ndi mafuta abwino.

Choyamba, nyengo ya zaka masauzande ochepa si kanthu poiyerekeza ndi zaka mabiliyoni ambiri m’kati mwake, limodzi ndi makolo ake, munthu anakhala ndi moyo ndikukula ndi zakudya zosaphika zokha. Kupatula apo, kuti munthu sanazolowere chakudya chophika kumatsimikiziridwa ndi kukhalapo kwenikweni kwa matenda, omwe amazimiririka ndipo chamoyocho chimabwerera ku ntchito zake zachibadwa munthu akangoyamba kudya.

Ndizowona kuti mwa malamulo a chisinthiko chamoyo chathu chimayesa kuzolowera lokha ku chakudya chimene amalandira, koma osati mmene anthu ena amaganizira. Zinthu zopatsa thanzi za chakudya zomwe ndizofunikira pazovuta zovuta komanso ntchito zapadera zama cell zimawononge ka mosavuta chifukwa chamoto. Chifukwa chake, a

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Zakudya zomwe anthu amaziona kuti n'zopatsa thanzi kwa anthu amene amaziphika zilibe zinthu zofunika zimenezi, koma m'malo mwake zimakhala ndi mapuloteni, mafuta ndi chakudya chambiri, zomwe nthawi zambiri zimaposa zofuna za maselo.

Popeza nthawi zonse amalandidwa zinthu zopatsa thanzi zomwe zimafunikira kuti zitheke kugwira ntchito zake zapamwamba, ma cell sakula bwino komanso akamaliza maphunziro awo, kapena akatha kuwapeza, amataya mphamvu zawo zogwira ntchitozo. Pambuyo pa zaka zingapo zaumphawi ndi kupirira, tsiku limabwera pamene imodzi mwa ma milliards angapo a maselo, opanda mphamvu zawo zotsalira, amamasulidwa ku machitidwe omwe amachepetsa kukula kwa maselo. Kenako amadzilekanitsa ndi moyo wapagulu, amakhala odziyimira pawokha komanso amadya zinthu zomanga minofu zomwe zimasambira mumadzi am'kati mwa ma cell ambiri, atakanidwa ndi maselo abwinobwino ngati akupitilira zosowa zawo, ndipo amanyadira. kuyamikiridwa ndi gastrolatrous biologists - mapuloteni (makamaka nyama mapuloteni), mafuta ndi zonse nitrogenous zinthu. Pambuyo pake amakula mofulumira kwambiri, mosasamala komanso mopanda ulemu, ndipo amachulukana mopanda dongosolo kuti apange unyinji woopsa, cholengedwa chatsopano chamoyo, chomwe pakukula kwake chimagonjetsa, chimawononga chilichonse chozungulira ndipo pamapeto pake tsiku limodzi labwino. imatsitsa nyumba yodabwitsayo, thupi la munthu. Dzina la cholengedwa chatsopanocho ndi khansa. Ndi ana enieni a chakudya chophika, umboni wamoyo wa momwe maselo amasinthira ku kapangidwe ka zakudya za amuna.

wononga.

Pamene zamoyo zinayamba kuoneka padziko lapansili, chilengedwe chinali ndi mphamvu zinthu zomangira zoyambira kwambiri (mapuloteni, mafuta ndi chakudya chamafuta), pomwe zidakwanitsa kupanga zamoyo zoyamba za cell imodzi. Monga momwe mwa kuwonjezera silinda, zida kapena zinthu zazing'ono injiniya amawonjezera ntchito yatsopano ku fakitale yake, motero powonjezera gawo latsopano kuzinthu zake zomangira (matupi amasamba), chilengedwe chimawonjezera ntchito yatsopano ku ziwalo za nyama. Ntchito yotopetsa imeneyi yachititsa kuti chilengedwe chikhale chotanganidwa kwa zaka mabiliyoni ambiri, ndipo m'kati mwake chinapanga zinthu zake kuchokera ku bakiteriya wamba mpaka

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zipatso zimene tikuzidziwa lerolino, ndiponso kudzera mwa kugwiritsira ntchito zipangizo zamasambazo, koma nthawi imodzi ndi kusanduka kwawo, zapanga nyama yokhala ndi selo imodzi imene inazipanga kukhala nyama yodabwitsa.

Tsoka ilo, moto utapezeka, chisinthiko chachilengedwe cha munthu chasiya ndipo, choyipa kwambiri, chikubwerera m'mbuyo ndi liwiro la chimphona. Moto ndi njira zina zopusa zakusokonekera zopangidwa ndi anthu otukuka zimawononga zinthu zonse zabwino kwambiri zopatsa thanzi zomwe zasungidwa zaka mabiliyoni ambiri muzakudya zachilengedwe komanso m'maselo anyama, ndikuzibwezeretsa ku mtundu wawo wakale, koma mwachangu kwambiri zomwe amapereka. zomangira zofala kwambiri zomwe zimatsimikizira kukula kopanda cholinga kwa maselo amenewo. Maselo a khansa ndi zitsanzo zenizeni za maselo oyambirirawo. Kwa akatswiri osaona zam'tsogolo zida zomangira za thupi ndi mapuloteni, omwe ndi miyala ndi njerwa zomwe zimafanana kwambiri. Sachita chidwi ndi mitundu yosiyanasiyana ya matope komanso zambiri zomwe zili zofunika kwambiri pomanga fakitale yovuta, komanso zomwe sizipezeka mu nyama ya ng'ombe kapena barbecue.

M’voliyumu yachiÿiri ya bukhu langa lachiameniya, ndapereka pafupifupi Masamba 300 kuti afufuze vuto la chiyambi cha khansa.
Pachifukwa ichi, ndawunikanso nkhani yofunika kwambiri yolembedwa ndi katswiri wa sayansi ya zakuthambo wa ku America EV Cowdry yotchedwa "Cancer Cells" (1955), yomwe ndi yokwanira kwambiri pa maphunziro osiyanasiyana pa phunziroli ndipo amasonkhanitsidwa maphunziro onse ofunikira, deta, maganizo ndi mfundo zimene zafalitsidwa ndi asayansi ambiri odziwika bwino. Pamaziko a kafukufuku wopezedwa ndi a cytologists okha, ndatsimikizira mwatsatanetsatane kuti maselo a khansa amachokera ku kusowa kwazinthu zopatsa thanzi komanso kuchuluka kwa zida zomangira zomwe zimalimbikitsa kukula kopanda cholinga kwa maselo.

Chizoloÿezi Chakudya Chophika Ndi Choopsa Kwambiri Pazonse Zoipa

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Mwachibadwa, woÿerenga angadabwe kuti n’chifukwa chiyani palibe aliyense wa asayansi ndi maprofesa ambiri otchuka amene amawona chowonadi chosavuta chimenechi ndi chifukwa chake palibe amene amatiuza kuti chizoloÿezi chodyera chakudya chophikidwa n’chachibadwa ndiponso n’choopsa. Chifukwa chake n'chakuti anthu onse ndi omwerekera ndi chakudya ndipo kumwerekera kwa chakudya kwachititsa khungu aliyense. Palibe amene amazindikira kuti kudya kophika ndi koyipa komanso kuti ndikoyipa kwambiri kuposa zoyipa zonse. Sikuti ndi chilakolako chofuna mtundu umodzi wokha wa chinthu, koma chiwonkhetso cha chikhumbo champhamvu cha munthu cha zinthu zambirimbiri (ndi zinthu “zodabwitsa,” “zofunika” zotani pamenepo!). Kupatula apo, odya zophikidwa ndi maso achifupi amawona kulemera ndi kuchita bwino pakuchulukira kwa zinyalala zomwe zakudya zimamenyedwa, pomwe ndiko kuchuluka kwa zinyalala komwe kumapangitsa kuvulazidwa kochulukira, chithunzithunzi chenicheni chake. m'matenda osiyanasiyana omwe afala padziko lapansi.

Munthu amatengeka ndi zinthu zimene zili ndi poizoni, monga tiyi, khofi, koko, fodya, mowa, opiamu, kokeni, morphine, ndi zina zotero. Chilakolako champhamvu cha zinthu zimenezo chimasonkhezeredwa ndi ziphe zofanana zomwe zimasonkhanitsidwa m’thupi la munthu. Zakudya zophika zimatulutsa mitundu yambiri ya ziphe zomwe, pakapita nthawi, zimasungidwa m'malo osiyanasiyana a chamoyo, monga pamakoma a mitsempha ndi ma capillaries, pakati pa mafupa, pakati pa maselo amafuta ndi kwina kulikonse. Monga momwe chikhumbo cha munthu yemwerekera ndi mankhwala osokoneza bongo cha heroin sichichokera ku zosowa zachibadwa za thupi lake, chotero chikhumbo cha munthu wophika chakudya chophikidwa, kumva njala yake, sichofunikira chachibadwa cha chamoyo chake; m'malo mwake ndi kufuna kwa kumwerekera kwake. Ndiwo mawu a zisonkhezero zomwe zimalimbikitsidwa ndi ziphe zomwe zimasonkhanitsidwa m'thupi la munthu; ndiko kufuna kwa matenda amene ali m’thupi, kuitana kwa mdani woipitsitsa wa munthu.

Kuipa koopsa kumeneku kumalowetsedwa m’thupi la munthu aliyense ndi makolo ake omwe, kuyambira pomwe adabadwa. Ichi ndichifukwa chake nthawi yomwe khanda limayamba kuzindikira ndikuyamba kuyankhula, chizolowezi chakudya chimamugwira kale ndipo kuyambira nthawi imeneyo mpaka kumapeto kwa moyo wake amawona chakudya chophikidwa ngati chakudya chake chanthawi zonse komanso chilakolako chake champhamvu.

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chifukwa chake monga kufunikira kwake kwa thupi; ndiye kuti amalakwitsa chifukwa cha njala yeniyeni.

Kufunika kwa Chakudya Chophika Si Njala

Munthu wophika akamadya zakudya zachilengedwe zokha, monga mtedza, tirigu, zipatso zosaphika ndi ndiwo zamasamba, ndipo alibenso chilakolako cha mtundu uliwonse wa zakudya zosaphika, zokhumba za thupi lake zimakwaniritsidwa. wakhuta mokwanira. Koma mosasamala kanthu za zimenezi, ngakhale atakhala kuti atadya kale kangapo kangapo zomwe amafunikira tsiku ndi tsiku pazakudya, amakhalabe ngati sanadye kalikonse ndipo akumva kufunidwa kwambiri ndi nyama yokoma kwambiri, yokoma ndi yokoma. Iyi si njalanso ayi. Ndiko kupsa mtima komwe kumachitika chifukwa cha ziphe zomwe zasungidwa m'thupi zomwe zimafuna poizoni watsopano. Ndi kulira kwa chiwanda chomwe chagona pamenepo ndipo chimafuna zida zatsopano zong'amba thupi la munthu. Wanzeru, wakudya zobiriwira zolimba amamva kulira kwake tsiku ndi tsiku, koma amanyalanyaza ndi moyo wake wonse ndipo sachitapo kanthu.

Kudya Kophika Kumakakamiza Ziwalo za Anthu Kugwira Ntchito Kuwirikiza katatu mpaka kanayi Kukhoza Kwawo Kwachibadwa

Ziwalo zonse za anthu zili ndi mphamvu zosungira zachilengedwe. Nthaŷi zambiri, amagwira ntchito pa gawo limodzi mwa magawo anayi a mphamvu zawo zonse, kusunga mphamvu zawo zonse kuti adzazigwiritse ntchito pakachitika ngozi yapadera kapena akakalamba. Chifukwa chake, muzochitika "zabwinobwino" kugunda kwa mtima kumakhala 70-72 kumenya pamphindi (pomwe wakudya zosaphika ndi 58-62 zokha), zomwe muzochitika zapadera zitha kukwezedwa mpaka kupitilira 200 pamphindi.
Apanso, pakupuma kwabwinobwino 500 cc ya mpweya imadutsa ndi kutuluka m'mapapo, koma mwa kuyesetsa kwapadera kopumira titha kulimbikitsa mpaka 3700 cc.

Wodya zosaphika amagwiritsa ntchito ziwalo zake zogayitsa pa kotala limodzi kuthekera kwawo, chifukwa chake ziwalo zake sizimalemedwa kapena kutopa. Komano, wodya wophikayo, atadzutsa chilakolako chake pogwiritsa ntchito mphamvu zokhazikika, zokwiyitsa.

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zonunkhira, ma aperitifs ndi zina zopatsa mphamvu zopanda pake, zimadzaza m'mimba mwake mpaka ziwalo za m'mimba zimakakamizika kubweretsa mphamvu zawo zonse zosungidwa ndipo ngakhale zitatero sizitha kupirira zomwe zimafunikira. Pamene munthu amakakamizika kubweza chakudya chonyansacho kudzera mumtsinje womwewo monga adachitsitsa kapena kuchitulutsa m'matumbo mwake ndi zoyeretsa. Chodabwitsa n'chakuti, kuchitira nseru kokwanira koteroko sikulingaliridwa zachilendo ndi wodya wophika.

Mwa kuchulukirachulukira kwa ziwalo zam'mimba, ziwalo zambiri zowonjezera zimayamba kugwira ntchito, monga mtima, chiwindi ndi impso.
Ntchito yowonjezereka yochitidwa ndi ziwalo zimenezi posachedwapa imakhala ndi chiyambukiro cha kuzitopetsa ndi kuzileka kugwira ntchito msanga. Choncho, n'zosadabwitsa kuti chifukwa cha zimenezi moyo wa munthu umafupikitsidwa kangapo. Mwa kudya zinthu zopanda pake, zovulaza ndi zakupha munthu wokonda chakudya amakhutiritsa zilakolako zake, amapuwala zochita za m'mimba mwake, ndipo amadzipangira chinyengo cha kukhuta, pamene maselo ake ali, kwenikweni, akubuula ndi njala chifukwa chosowa zakudya zofunika. . M'mimba mwa munthu wakudya zosaphika nthawi zonse mumakhala mopumula, ngakhale kuti nthawi zambiri mulibe kanthu, koma thupi lake ndi lodzaza ndi kukhuta m'lingaliro lenileni la mawuwo.

Munthu wophika akaganiza zosintha n'kuyamba kudya zosaphika, poyamba sakhuta, ngakhale adye mochuluka bwanji. Nthawi zambiri m'malo mosangalala, omwerekera ndi chakudya amamva kusakhutira ndi mkhalidwewo. M'malingaliro awo, chifukwa chomwe amakhalira ndi njala nthawi zonse chagona kuti zakudya zomwe amadya zimakhala zopatsa thanzi komanso zopanda phindu ngati chakudya. Ili ndi lingaliro lolakwika kwambiri. M'malo mwake, zakudya zimenezo ndi zopatsa thanzi komanso zopatsa thanzi. Maselo aumunthu avutika kwa zaka zambiri chifukwa cha kusakhalako. Mphamvu za ziwalo za m'mimba za munthu zimagwirizana kwathunthu ndi kapangidwe kake ndi kakonzedwe ka zigawo zake. N'chifukwa chake m'mimba amalandira zakudya zimenezo mosangalala, amazifewetsa mwamsanga n'kuzipereka m'matumbo mosazengereza, pamene maselo m'malo awoawo, atawonda ndiponso afooketsedwa chifukwa cha njala, amamwa mwachidwi zinthu zamtengo wapatalizo ndipo mobwerezabwereza amafuna zambiri. zambiri za iwo.

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Maselo amene ali ndi matendawo amachiritsidwa, ofookawo amachira, ofookawo amapezanso mphamvu. Komano, maselo amafuta amayamba kusungunuka chifukwa cha njala, kuunjikana kwa ziphe pang'onopang'ono kutha ndipo madzi ochuluka amachoka m'thupi. Kenako maselo abwinobwino, ochitachita amatenga malo a maselo aulesi amene ananenepa ndi ulesi ndi kusachitapo kanthu. Kutaya msanga mu kulemera kwa thupi ndi chizindikiro chotsimikizirika cha kubwezeretsa thanzi ndi nyonga.

Mfundo imeneyi iyenera kudzaza mtima wa mwamuna ndi chimwemwe ndi chisangalalo. Kwa zakudyazo nthawi yomweyo zimafalikira mthupi lonse ndikumupatsa thanzi, mphamvu, nyonga ndi mphamvu. Aka kanali koyamba m'moyo wake kuti ngakhale ziwalo zake zonse ndi tiziwalo timene timatulutsa timadzi timene timatulutsa timadzi tambirimbiri, timatha kugwira ntchito momasuka komanso momasuka. Ngakhale patsikulo, atadya zakudya zosaphika zambiri kuposa momwe thupi lake limafunira, kapena matumbo ake ndi maselo amatha kuyamwa, m'mimba mwake sizingakane, komanso sizidzamupangitsa kuti azimva nseru, zomwe zimamupangitsa kuti achite nseru. tulutsani ndi chiwawa ndi mphamvu. Zakudya zopyola pa zosowa zake zachibadwa sizikhala m'mimba kuti ziwole; sizidzasinthidwa kukhala ziphe kapena kubweretsa vuto lililonse la m'mimba. M'malo mwake, popanda kugayidwa chakudya, nthawi yomweyo amadutsa m'mimba ndikulowa m'matumbo ndipo amachoka m'thupi ndi ndowe patsiku lomwelo, osavulaza kwambiri chamoyocho. Choncho, mimba yake idzakhala yopepuka nthawi zonse, pamene matumbo ake ndi magazi ake adzakhala odzaza ndi zakudya zokwanira.

Ndiye mu mphindi yoteroyo, muloleni iye angoyesera kudya timibulu tingapo ta chakudya chophikidwa. Mimba yake idzakana mokwiya zinthu zachilendo ndi zosafunikira zimenezo. Ngakhale kuti m'kamwa mwake mumasangalala kwambiri, tizidutswa tating'ono timene timakhala m'mimba mwake kwa nthawi yaitali, timakhala ngati chotchinga kuti atseke chikhumbo chake cha chakudya ndipo zimenezi zidzalepheretsa kugaya kwake. Koma wophika wophika amakhala wokhutira ndi wokondwa ndi chikhalidwe chimenecho, chifukwa wakhutiritsa zilakolako zake, wadzaza mimba yake ndipo tsopano "wakhuta." Munthu amene amazindikira kufunika kwa kudya zosaphika amaopa kwambiri vutoli. Amamvetsetsa bwino lomwe kuti ndiwo zamasamba zosaphika zomwe zimadyetsa thup

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zotuluka m'moto ndi nkhuni, ndi magwero a ziphe ndi matenda osiyanasiyana.

Chakudya Chamunthu Chiyenera Kukhala Ndi Maselo Amoyo ndi Osati Mitembo ya Maselo Akufa

Zakudya zamagulu onse zimakhala ndi maselo amoyo. Tsopano matupi a masamba, atachoka padziko lapansi, amakhalabe ndi moyo kwa nthawi yayitali. Mphukira ya rozi imapitiriza kuphuka mumphika, pamene njere zimamera zikabzalidwa patapita zaka zambiri zitasonkhanitsidwa. Koma maselo a nyama zimene zaphedwa kapena za mkaka umene wabedwa m'matupi awo amafa nthawi yomweyo, kenako amayamba kusweka n'kukhala poizoni, pamene kuphika kumawasandutsa zinthu zoopsa kwambiri. Kuwona kuti mapuloteni a nyama ndi apamwamba kuposa mapuloteni a zamasamba ndi cholakwika chomvetsa chisoni kwambiri, umboni woonekeratu wa kusawona bwino kwa akatswiri a sayansi ya zamoyo zopembedza nyama.
Ngati tivomereza kuti nyamayo imasamutsa mapuloteni amasamba ndikusandulika kukhala zakudya zopatsa thanzi, ndiye kuti mnofu wa nyamazo monga nkhandwe, mimbulu, agalu, amphaka ndi akambuku omwe amadya mapuloteni "okwanira bwino" ayenera kukhala amtundu wanji. mtengo wopatsa thanzi kwambiri; pamene khalidwe lakupha la mnofu wa zilombo zoterozo liri lodziÿika kwambiri kotero kuti ngakhale wokonda nyama wodzipereka kwambiri sayesa kudyerako.

Akatswiri a zamoyo omwe amalimbikitsidwa ndi kulosera kwawo kuti achite Yang'anani maubwino apadera mu nyama, pozindikira zomwe amati ndi zosasinthika za amino acid sizinaganizirepo kuti ma amino acid amenewo amapangidwa kuchokera ku udzu wamba womwe umadyedwa ndi nyama. kupanga ma amino acid kuchokera ku udzu wonyowa kwambiri ndi udzu, koma thupi la munthu lilibe njira yopangira mankhwala omwewo kuchokera ku zakudya zamasamba zopatsa thanzi kwambiri?

Kodi amwenye mamiliyoni ambiri akukhala bwanji opanda ma amino acid operekedwa ndi nyama?

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Kuwona Kwachidule Ndiko Chilema Chachikulu Chachipatala Sayansi

Kulakwitsa kwakukulu kwa akatswiri a sayansi ya zamoyo omwe amakonda kudya zakudya zophika ndi kusapenya kwawo. Amatseka maso awo kuti asaone zovulaza zomwe zimawoneka zazing'ono ndipo samawoneratu zotulukapo zazikulu zomwe posakhalitsa zimadza chifukwa cha zinthu zomwe zimawoneka ngati zopanda pake. Tiyeni tifotokozere zonena zathu mwa zitsanzo zingapo. Zakudya zophika, makamaka mbale za nyama, zimakhala ndi poizoni. Tsopano, palibe amene amazindikira zakupha kwanthawizonse komwe kumapitilira mosazindikira nthawi zonse ndipo ngakhale chifukwa cha poizoni wotere pachiwindi, mtima kapena impso zimawonongeka pakapita nthawi, matendawa amayamba chifukwa chosadziwika. Pamene poyizoni akadali kwambiri ndipo limodzi ndi kutsekula m'mimba ndi kusanza, amaonedwa ngati chapamimba matenda. Mwa poizoni amamvetsetsa chikhalidwe chokhacho chomwe chimakhudza chamoyo chonse ndikuwopseza wozunzidwayo ndi imfa yomweyo. Ndi miyoyo ingati yosalakwa imene imaperekedwa nsembe m'njira imeneyi!

Amuna samawona zonyansa zomwe zimadutsa m'mitsempha yawo ndi mitsempha kudzera m'kati mwa chakudya tsiku ndi tsiku, ndipo ikakhala wosanjikiza pambuyo pa wosanjikiza pamakoma a ziwiya, imachepetsa ndime zawo ndipo mwadzidzidzi imasiya kufalikira kwa magazi tsiku lina, yochepa. -anthu owona amawona zomwe zikuchitika ngati "zadzidzidzi".

Amuna sazindikira kupsyinjika koopsa kwa madzi osefukira omwe akuthamangira ku damu lalikulu lomwe limatha kutha matani mamiliyoni ambiri. Koma pamene damulo, lomwe lagwedezeka kwa nthaŷi yaitali chifukwa cha kusefukira kwa madziwo, ligumuka potsirizira pake, chimene chinachititsa kuti chisweke komaliza chimatchedwa mwala umene mwana wamng'ono anaponyapo mwangozi. Tawona kale lingaliro lolondola lomwe wodya zosaphika amakhala nalo ponena za zomwe zimayambitsa khansa. Potsutsa izi, 400 "carcinogenic agents" zomwe zimaperekedwa kwa ife ndi asayansi ofufuza, omwe amadya zakudya zophikidwa, zomwe zili ndi zinthu monga kupsa mtima kwamakina ndi kupsa kwa ndudu, zilibe phindu lalikulu kuposa mwala woponyedwa ndi mwanayo.

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Chiwalo chilichonse chimakhala ndi mamiliyoni a maselo chifukwa cha kugwirira ntchito limodzi komwe ntchito ya chiwalocho imachitika. Pamene chakudya chokakamizika m'maselo amenewo chikusowa zinthu zina zofunika, maselo amayamba kutaya mphamvu zawo ndikusiya kugwiritsidwa ntchito. Malo osungira mphamvu tsopano akubwera m'munda, koma nawonso, posachedwapa atha. Malingana ngati chiwalocho chikugwira ntchito zake mwanjira ina, anthu afupipafupi samawona kuwala kofiira; koma chikatsalira m'mbuyo pa ntchito zake, amati chiwalo choterechi chikudwala ndipo chili ndi mankhwala. Koma, kodi ndizotheka kuti piritsi laling'ono kapena mlingo wapoizoni ungalowe m'malo mwa zakudya zomwe zatenthedwa ndi moto kwa zaka zambiri ndikubwezeretsanso ku maselo olumala mphamvu yawo yotayika ya ntchito yapadera?

Pambuyo pogona mu ngalande ya chakudya kwa masiku ambiri, nyama zambiri, mazira, batala ndi tchizi zimawola ndipo zimayambitsa kutupa kwa matumbo, chizindikiro chodziwika bwino chomwe ndi kutsekula m'mimba. Koma pamene mwana asonyezadi zizindikiro za kutsekula m'mimba, mlandu wonsewo umaikidwa pa zikopa za zipatso zoÿerengeka zooneka m'ndowe. Palibe amene amafunsa momwe zikopa za zipatso zingayambitse kutupa m'matumbo a mwanayo pamene, popanda kuwola kapena kuwola, amachoka m'thupi mosasinthika mkati mwa maola angapo atalowa. Tsoka lonse limachokera ku mfundo yakuti anthu amawona mazira, nyama, batala ndi uchi ngati zakudya zachibadwa komanso zofunika, koma zipatso monga zachiwiri, zomwe zikhoza kudyedwa kapena kudyedwa. Nthawi zina, zimaganiziridwa kuti ndizofunikira kuletsa ana kudya zipatso kuti "asamachotse mimba yawo."

Kulemera kwa Munthu Wophika-Kudya Sizingaonedwe Kuti Ndi Chiyeso cha Thanzi Labwino.

Kunenepa Kwambiri Ndi Matenda Oopsa Kwambiri

Malingana ngati thupi laumunthu likadali lokhoza kukana zachilendo zakudya ndi kupitiriza kulimbana ndi izo, madandaulo osiyanasiyana kupanga maonekedwe awo, monga kusowa kwa njala, kudzimbidwa, gastritis ndi matenda ena m'mimba, matenda am'matumbo, ndi zina zotero. Zonsezi ndi chiwonetsero chakunja cha kulimbana kwa chamoyo kugwiritsa ntchito njira zake zonse

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kutayira kuti achepetse zotsatira zovulaza za zakudya zosagwirizana ndi chilengedwe komanso kuchotsa m'thupi zinthu zakupha zomwe zimatulutsidwa. Wodwalayo amayamba kuchepa thupi ndipo amayesa kumulimbitsa pomupatsa zakudya "zopatsa thanzi". Tsiku limene chamoyocho chimagonjetsedwa ndipo kulimbana kwake kutha, munthu amatsanzikana ndi dziko lino kapena, mosiyana ndi zimenezo, chilakolako chake chimawonjezeka ndipo amayamba kudya mosakhutitsidwa, kugaya bwino, kunenepa kwambiri, "kuti abwezeretse thanzi lake. ndi mphamvu." M'mawu ena, pa tsiku limenelo chamoyo cha munthu, chikusiya kulimbana kwake, "chimadzisinthira" chokha ku chakudya chosakhala chachibadwa ndipo maziko amaikidwa pa imodzi mwa matenda oopsa kwambiri a anthu—chiwonongeko chosakhala chachibadwa.

Pogonjetsedwa ndi chitsenderezo cha zakudya zosagwirizana ndi chilengedwe, thupi limakakamizika kudzisamalira lokha ndi kuvomereza m'zamoyo kusonkhanitsa zinthu zosiyanasiyana zovulaza zomwe zimapangidwa ndi zakudya zoterezi. Madipoziti ndiye anapanga mafuta, asidi uric ndi zotumphukira zake, cholesterin, mchere wamba, owonjezera zamadzimadzi, calculi, scirrhous mapangidwe, zotupa, anafooka ndi parasitic maselo, multinucleated chimphona maselo (polykaryocytes), maselo ndi nyukiliya oversized (megakaryocytes), etc. Nthawi zina maselowa amafika kuwirikiza mazana angapo kukula kwa maselo abwinobwino, koma alibe mphamvu yochitira ntchito iliyonse yothandiza.

Zowopsa zonsezi zimawunjikana m'thupi kuti zilenge mwa munthu chinyengo cha thanzi ndi mphamvu, pamene kwenikweni akudwala kuwonda pang'onopang'ono. Minofu yake imakhala yopyapyala ndi yofooka, chiwerengero cha maselo ake apadera ndi othamanga chimachepa, ndipo ziwalo zake zimawonongeka. Amuna "olimba", "olimba" omwe ali ndi zotupa zotupa, mikono yonenepa kwambiri, manja opindika ndi mafuta ochulukirapo, omwe dziko lathu ladzaza, kwenikweni, ndi mafupa okutidwa ndi khungu. Aliyense wa iwo wanyamula minofu yake yofooka ndi yowonda ndi nkhosa yonenepa, imene amaidyetsa mwaulele ndipo amanyamula nayo kulikonse. Koma chodabwitsa n'chakuti, anthu oterowo nthaŷi zonse amadzitamandira chifukwa cha thanzi lawo, nyonga ndi nyonga zawo.
Iwo amanyada kwambiri chifukwa cha kulimba kwawo kotero kuti, pamene kutchulidwako m'kukambitsirana, amakhudza nkhuni kapena, Kum'maŷa, amalira; kuopera kuti angataye kambewu kawo kulemera kwawo komwe amawakonda. Wina akhoza kudzaza mavoliyumu khumi ndi awiri ndi zitsanzo za kusawona bwino kwachifupi koteroko.

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Palibe Mankhwala Omwe Angalowe M'malo mwa Zida Zowonongeka Zowonongeka Pamoto

Mankhwala onse omwe amagwiritsidwa ntchito nthawi zambiri amakhala ndi zizindikiro. M’mawu ena, iwo amakhala ngati mankhwala ochiritsira kuti athandize wodwalayo kwakanthaŷi kapena kubisa zizindikiro za matendawo. Palibe choncho angathe kutenga malo yaiwisi zakudya anawononga mu kuphika miphika ndi mapoto. Asayansi ambiri otchuka amaletsa kugwiritsa ntchito mankhwala osokoneza bongo. Ku England, pambuyo pofufuza mosamalitsa kwa zaka zinayi ndi theka pa gawo lalikulu la anthu opeza bwino a ku England, akatswiri a sayansi ya zamoyo ku Peckham anafika ponena kuti ndi anthu asanu ndi anayi okha pa anthu 100 alionse amene ankasangalala. thanzi labwino; 91 peresenti yotsala ya anthuwo anali kudwala, ngakhale kuti ambiri a iwo sankadziŷa za matenda awo. Pambuyo pa chithandizo chamankhwala, mfundo yawo inali yakuti pafupifupi matenda onse omwe amasankhidwa kuti athandizidwe adayankhidwa ndi chithandizocho, koma pambuyo pake kuwonongeka kwakukulu kunawonedwa mu thanzi la odwala. Izi zikutanthauza kuti mankhwala amangobisa zizindikiro za matenda, pamene kuvulaza kumene amachita kumawonjezedwa ku chamoyo chofooka kale kuti chiwonjezeke.

Chotero, aliyense amene safuna kudwala kapena, ngati wadwala kale, kuti akhalenso ndi thanzi labwino sayenera kuika chiyembekezo chake pa mankhwala; m'malo mwake ayenera kupewa kudya zakudya zosayenera ndi mankhwala osokoneza bongo, ndipo ayenera kukhala motsatira malamulo a chilengedwe ndi kudya zosaphika!

Iyi ndi njira yowona, yotetezeka komanso yasayansi, pomwe mankhwala osokoneza bongo ali, kunena mawu a Bircher-Benner, "chinyengo ndi chinyengo." M'malingaliro anga, zitha kutchedwa chinyengo komanso kudzinyenga. Nietzsche watcha mankhwala osokoneza bongo "zikwapu za chikwapu." Madokotala amatha kudzitsimikizira okha za chowonadi cha mawu anga mwa kugawa odwala awo a m’chipatala m’magulu aŷiri ofanana, kuchiza gulu limodzi mwa mankhwala ndi zakudya zophikidwa, lina mwa kudya zakudya zosaphika, ndiyeno kuyerekezera zotulukapo ziŷirizo. ndi wina ndi mzake. Uku ndiye kuyesa kofunikira komanso kotsimikizika, apo ayi mkangano uliwonse wotsutsana ndi kudya kosaphika upitilira kukhala wopanda phindu kapena mtengo. Tiyeni tifotokozere zonena zathu mwa zitsanzo zingapo za mankhwala ochiritsira.

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Ululu ndi chizindikiro chochenjeza kuti thupi liri pangozi, kulira kwa chamoyo chathu chofuna thandizo. Koma m’malo mothetsa ngoziyi, timapha minyewa imene imaonetsa kuopsa kumeneku ku ubongo wathu ndi kuletsa mawu awo ndi mlingo wa poizoni. Pakali pano, matendawa amatenga njira yake yosapeÿeka, akukulitsidwa tsopano ndi zotsatira zovulaza za mankhwala.
Kuti tipereke chitsanzo china: pamene njira za m’mitsempha yathu zikukula mwa kudzazidwa ndi zonyansa, mtima uyenera kugwiritsa ntchito mphamvu yaikulu kuti magazi aziyenda m’thupi ndipo chifukwa chake kuthamanga kwa magazi kumakwera. Koma m’malo moyeretsa mitsempha yathu ya magazi kuchotsa zonyansazo, timangogwiritsa ntchito poizoni kusonkhezera minyewa imene imatha kutambasula ndi kukulitsa njira zake. Malingana ngati mphamvu ya poizoniyo imakhalapo, magazi amayenda m'mitsempha momasuka ndipo kupanikizika kumagwa kwakanthawi. Komabe, zotsatira zake zikangotha, zombozo zimabwerera ku chikhalidwe chawo chakale zimafooketsa kwambiri ndi zochita za mankhwala omwe amagwiritsidwa ntchito.

Palibe mankhwala amene alibe zotsatira zoipa pa chamoyo.
Koma ndi posachedwapa kuti zofalitsa zochepa zawonekera zokhudzana ndi nkhaniyi, imodzi mwa izo, "Reactions with Drug Therapy" (1955), ndi Dr. Harry L. Alexander, Pulofesa Emeritus wa Clinical Medicine, Washington University Medical School. , amatipatsa zambiri zothandiza. Kumene, kawirikawiri mankhwala ndi mlandu okhawo mavuto ndi zochita zimene nthawi yomweyo kupha wovulalayo kapena kuonekera mu mawonekedwe a matenda aakulu. Ngakhale pamenepo chimodzi chokha mwa chikwi cha zovutazo ndichomwe chalembedwa; otsalawo akhalabe m’kuiwalika kwamuyaya.

Zatsimikiziridwa kuti chilichonse mwazinthu 350,000
zomwe zimagwiritsidwa ntchito popanga mankhwala zimatha kuyambitsa zovuta. Koma pakati pawo zoopsa kwambiri ndi penicillin, aureomycin, streptomycin, mercury mankhwala, sulphonamide gulu la mankhwala, digitalis, katemera, serums, kupanga mavitamini (thiamine, niacin, etc.), atophan, cortisone, Tingafinye chiwindi, insulini, adrenaline ndi ambiri. mankhwala ena omwe amagwiritsidwa ntchito ponseponse.

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Ndikofunika kupereka funsoli mosamala kwambiri.
Mavitamini opangidwa ndi organic akupanga, omwe anthu akufuna kuti alowe m'malo mwazinthu zopatsa thanzi ndi zinthu zawo zowotchedwa kukhitchini, amapha munthu pa liwiro la mphezi, nthawi zambiri mkati mwa mphindi zisanu atalowa m'thupi. Mu 1951, okwana 324 miliyoni, ndipo mu 1952, magilamu 350 miliyoni a penicillin okha anabayidwa m'mwazi wa munthu kuti alowe m'malo mwa mankhwala achilengedwe otenthedwa m'khitchini.

Atalowa m'thupi la munthu, mankhwala osokoneza bongo amapha anthu masauzande ambiri, nthawi zina mkati mwa mphindi zisanu kapena khumi, kudzera mu anaphylaxis, pamene ena zikwi makumi ambiri amadwala matenda ambiri, omwe tikhoza kutchula nettle-rash, dermatitis, prickly. kutentha, chikanga, purpura, mphumu ya bronchial, polyarteritis, cirrhosis ya chiwindi, jaundice, nephritis, nephrosis, aplastic anemia, matenda a seramu ndi mphere.

Anthu akufuna kunyalanyaza udindo wa mankhwalawa poyambitsa imfa ndi matenda awa, ndikuyika mlandu pakukhudzidwa kwakukulu kwa thupi. Koma chomwe chimayambitsa kukhudzidwa kwakukulu kumeneku, amadutsa funsoli mwakachetechete.

Ana anga osauka ankadwala matenda ngati amenewa kangapo pachaka. Tinkayesetsa nthaÿi zonse kufufuza vuto m'zakudya zimene amadya, pamene madokotala amene anapereka mitolo ya mankhwala sananene kalikonse ponena za kuopsa kwa mankhwala amene anawapatsa. Mofanana ndi anthu ena mamiliyoni ambiri, tinkakhulupirira kuti mankhwala ndi ongochiritsa anthu, osati kuwadwalitsa. Nthaÿi ina ana anga onse anagonekedwa ndi nthenda ya chikasu ndiyo tsiku limodzi. Tinadabwa kwambiri, chifukwa tinkadziwa kuti matenda a jaundice si matenda opatsirana oti tiziwakhudza onse pamodzi. Masiku ano, palibe chimene ndingachite kuti ndichepetse kuluma kwa chikumbumtima changa koma kuchenjeza makolo ena za zoopsa zoterezi.

Masiku ano n'zomvetsa chisoni kuona mmene mankhwala oopsa kwambiri amafalitsidwira mothandizidwa ndi nyimbo zokoma ndi zithunzi zokongola monga zinthu zopindulitsa zimene zingamwe tsiku lililonse. M'mayiko ena, ndithudi,

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mankhwala ndi pharmacy zasinthidwa kukhala zodetsa nkhawa kwambiri zamalonda ndi kuchita phindu.

Kudya zosaphika kudzatha nthawi yomweyo kugwiritsa ntchito mitundu yonse ya mankhwala, chifukwa ngati palibe matenda mwachibadwa sipadzakhala kufunikira kwa mankhwala. Matenda ndi zotsatira za kuwonongeka kwa zakudya; angagonjetsedwe, kotero, ndi kukonza zakudya zathu. Zoyesayesa zathu zonse zogonjetsera matenda mwa kugwiritsa ntchito mankhwala nzowopsa kwambiri, zoyesera zopanda pake zomwe zidzalephera. Kale zotulukapo zawo zoipa zimatiyang'ana pamaso pathu.

Mitundu yatsopano ya matenda imawonekera mosalekeza; pang'ono matenda amayambitsa matenda oopsa kwambiri. Zotsatira zake amuna nthawi zonse akukonzekera mitundu yatsopano ya seramu ndi katemera, amapeza maantibayotiki amphamvu komanso amphamvu ndipo pang'onopang'ono amalowa m'mavuto ambiri, zovuta komanso masoka.

Kusintha kosaneneka komanso kofunikira kuyenera kupangidwa pankhani ya sayansi ya zamankhwala. Madokotala onse owona mtima komanso okhudzidwa ndi anthu ayenera nthawi yomweyo kudzuka ndikuchitapo kanthu kuti apewe kuwonongeka kwa zinthu zofunika kwambiri zomwe zimapangidwira fakitale yamunthu.

Malinga ndi maganizo a anthu osaona bwino, kudya zosaphika n’kufanana ndi kubwerera ku moyo wakale wa munthu wa mbiri isanayambe. Kunena zowona, palibe chochititsa manyazi kwambiri pachitukuko kuposa ntchito zophika ndi zoyenga. Wodya zosaphika amangosiya zowawa zobwera chifukwa cha matenda otchedwa matenda otukuka ndipo amakana kusintha kupita patsogolo kwaukadaulo komwe adapatsidwa mwachitukuko kukhala njira yowonongera chiyero cha zopangira za anthu. Kupanda kutero, sasiya kulankhula patelefoni, kuyenda pandege kapena kusunga zipatso zake m’firiji.

Kwa zaka mazana ambiri amuna akhala akhungu ndi mbuli kotero kuti nthaŷi zonse amawona kudya zakudya zophikidwa kukhala opareshoni yachibadwa. Ndipo tsopano, akamva za kudya zosaphika kwa nthawi yoyamba, amakuona ngati chinthu chachilendo komanso chochititsa chidwi, pamene kwenikweni ndiko kuwonongeka kwa zakudya zachilengedwe chifukwa chophika kumene kuli kofala kwambiri.

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zosakhala zachilengedwe, zachilendo komanso zachidwi, ndipo zomwe ziyenera kulembedwa m'mbiri monga kupusa kwakukulu kochitidwa ndi Anthu.

Kudya-Kudya ndi Mankhwala Osokoneza Bongo Ndiwo Akutsogolera Mtundu wa Anthu Kudzawonongedwa Kotheratu

Mitundu yambiri ya nyama zazikuluzikulu inakhalapo padziko lapansi pano ndipo kenako inatheratu. Masiku ano, ndi manja akeake pamene munthu akulenga mikhalidwe yoipa imene tsiku lina idzamufafaniza padziko lapansili. Kufanana ndi njira ya kuchepa kwa zakudya, pali kuwonjezeka kwa mitundu ndi kuchuluka kwa matenda osiyanasiyana. Mibadwo yambiri isanathe, anthu adzafa ndi matenda a mtima kapena khansa asanafike msinkhu wa msinkhu ndi kukhala ndi mwayi wokulitsa luso lawo lobereka. Pamaziko a liÿiro lochititsa mantha limene matenda amenewo awonjezereka m'zaka makumi angapo zapitazi, nkwapafupi kuwoneratu kuti, ngati amuna apitirizabe kupusa kwawo, tsiku latsoka limenelo silingakhale kutali.

Wasayansi amene akusonyeza ubwino wa kudya zakudya zophikidwa ndi mankhwala ozunguza bongo ali ngati wamalonda amene, atatsala pang'ono kutha, amasangalala kuÿerenga makobidi ake, kwinaku akutseka maso ake ku miyandamiyanda ya zotayika zimene zimamuyang'ana pamaso pake. Zotsatira zomaliza za bizinesi iliyonse ziyenera kuyesedwa ndi pepala lake lomaliza. Tiyeni tione ubwino ndi ubwino umene munthu wotukuka wadzipezera mwa zimene anapeza zokhudza kuphika ndi mankhwala, poyerekezera ndi zimene nyama zambirimbiri zimasangalala nazo. Munthu amadwala kwambiri kuposa munthu wina aliyense.

Mavitamini atapezeka, anthu amayenera kukhala ndi chidwi chozindikira nthawi yomweyo kuti pophika akuwononga zakudya zachilengedwe zomwe kusakhalapo kwake kumafulumizitsa kutha kwake. Ayenera kuti anathetsa zinyalalazo kamodzi kokha ndipo anayenera kuteteza chitetezo chamthupi cha zakudya zachilengedwe kuti zisawonongeke. Koma chakudya chophikidwacho n'chachikulu kwambiri moti chimalepheretsa zoyesayesa zonsezo zofuna kusintha zinthu. Kuledzera kumagonjetsa sayansi ndikuitenga

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m'malo mwake. Pakalipano, akumamatirabe chakudya chophika, amuna amayesa kulowa mu zinsinsi za zakudya, kuti azindikire zigawo zomwe zimawononge ka mu kuphika ndi kukonza, ndiyeno kuzisintha ndi zinthu zopangidwa. Kodi sikuli kupusa kuwotcha ndi kuwononga zigawo zofunika zimenezo ndi manja ake, kudwala, kuima m'mphepete mwa manda ndiyeno n'kupanga zoyesayesa zopanda chiyembekezo zodzipulumutsa mwachinyengo? Tiyenera kukumbukira mfundo yakuti zigawo zimenezo sizili ndi mavitamini 40 ndi 50 odziwika ndi akatswiri a zamoyo.

Pali ambiri mwa iwo kotero kuti sizingatheke kupanga chithunzi cholondola cha makhalidwe awo abwino komanso ochuluka kwa zaka zikwi zambiri zikubwerazi. Tiyeni tiyerekeze kwa kamphindi kuti tsiku lina asayansi angapambane kuzindikira mitundu yawo yonse. Kenaka, kuti m'malo mwa njira zopangira zigawo zotayidwa kunja kwa tirigu wokha, zikwi za malamulo ndi zokonzekera zidzafunika kwa munthu aliyense, osanenapo za ndalama zoletsedwa.

Malinga ndi kafukufuku wopangidwa pamitundu yosiyanasiyana ya zipatso, ndiwo zamasamba ndi mbewu, akatswiri odziwa zamoyo omwe amakonda kudya amatsimikizira kuti zakudya zachilengedwe zimatha kuchiritsa pafupifupi matenda amtundu uliwonse. Koma anthu safuna kuvomereza kuti thupi la munthu lidzakhalabe lopanda matendawo ngati lidzadyetsedwa kokha ndi zakudya zachilengedwe kuyambira paubwana wake. Kuyambira pachiyambi ganizo lenileni la kusadya chakudya chophikidwa limawalepheretsa kuganiza bwino, ndiyeno sayansi imapereka malo ake ku kumwerekera.

Zakudya Zachilengedwe Siziyenera Kugwiritsidwa Ntchito Ndi Madokotala Monga Njira Zochiritsira Zakanthawi. Ayenera Kulengezedwa Kuti Ndi Chakudya Chokhacho Choyenera

Madokotala ambiri opita patsogolo amatsutsa chithandizo chamankhwala. Ena a iwo amakhumudwa kwambiri ndi zotsatira zosathandiza zomwe amalandira kuchokera ku chithandizo chamankhwala kotero kuti amasiya ntchito zachipatala ndi kudzipereka ku maphunziro a zovuta zazikulu za prophylaxis. Pakati pawo pali dokotala wotchuka wa ku Switzerland, Bircher-Benner, amene kuchokera m'maphunziro ake Achijeremani ndatulutsa matembenuzidwe angapo achidule m'bukhu langa la Chiameniya. Kumayambiriro kwa ntchito yake yachipatala, Bircher Benner anakhala choncho

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atakhumudwitsidwa ndi njira zamakono zochiritsira zomwe zidachitika kuti adziwe bwino za zakudya zachilengedwe, adayamba kuchiritsa odwala ake mothandizidwa ndi zakudya zachilengedwe, popanda mankhwala aliwonse. Posakhalitsa odwala ambiri, omwe adathandizidwa mosapambana ndi madotolo osiyanasiyana padziko lonse lapansi popanda zotsatira zilizonse, adapita ku chipatala chake ku Zurich ndipo m'nthawi yochepa adalandira chithandizo chathunthu ndi veganism yaiwisi.

Koma Bircher-Benner ankawona zakudya zosaphika ngati "njira zochiritsira," osati monga zakudya zokhazokha zoyenera anthu onse. Monga ngati kuti amuna anakakamizika kudzidyetsa okha zakudya zosagwirizana ndi chilengedwe kuyambira paubwana wawo ndiyeno, atadwala, kuchiritsidwa ndi “chakudya chochiritsira” muukalamba wawo. Koma chodabwitsa chimenechi chinali ndi zifukwa zake zomveka. Choyamba, palibe aliyense padziko lapansi, ngakhale katswiri wodziwika bwino pazakudya zosaphika, Bircher-Benner, yemwe amazindikira kuti kudya kophika ndi chizolowezi komanso kuti chikhumbo chofuna chakudya chophikidwa si njala kapena kufunikira kwachilengedwe. maselo.

Kenako, monga dokotala, Bircher-Benner anali ataphunzitsidwa kuchiritsa matenda omwe analipo kale. Palibe amene akanam’lipirira chindapusa chilichonse, kapenanso kumuganizira mozama, ngati akanalimbikitsa poyera kuti pakhale dongosolo la kadyedwe limene likadapulumutsa anthu ku matenda.

Pakali pano pali maganizo awiri otsutsana pa zakudya.
Mmodzi wa iwo amateteza zakudya zosaphika, wina amakonda chakudya chophika; mmodzi wa iwo amalimbikitsa za veganism, winayo amakonda kudya nyama. Tsopano sayansi si ndale. Mwamuna amene ali ndi maganizo olakwika alibe ufulu woika maganizo ake olakwika ndi ovulaza ana osalakwa. Ndikofunikira kofunikira m'nthawi yathu ino kuti malingaliro awiriwa afufuzidwe m'magulu asayansi ndi chikhalidwe chapadziko lonse lapansi, kuti cholakwacho chitsutsidwe, pomwe chowona chilengezedwe kwa anthu ndikuchichita.

Poyamba, anthu oganiza bwino amene safuna kuloŷa m’kuya kwa vutolo amaganiza kuti kudya zakudya zosaphika si chinthu chimene chingachitike mwamsanga ndiponso kuti amuna sangakhale okonzeka kusiya zimene anaziika mozama. zizolowezi. Koma ili ndi liwu la

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kuledzera, osati sayansi. Sayansi, komabe, iyenera kulekanitsidwa ndi kumwerekera. Choyamba tiyenera kuvomereza kuti zakudya zosaphika ndizo zenizeni komanso zopangira zonse zoyenera kwa thupi la munthu, pambuyo pake omwe akufuna kuwononga zopangira zawo ndi ana awo achite mokhutiritsa mitima yawo.

Poyambirira tiyenera kugwiritsa ntchito zomwe tapeza kuchokera kukudya zosaphika kuti tikonze nthawi yomweyo malingaliro onyenga omwe amapezeka mu sayansi yazakudya, malinga ndi zomwe zakudya zofunika kwambiri zimawonedwa ngati zovulaza, pomwe zovulaza kwenikweni zimalimbikitsidwa. zabwino. Ziyenera kuzindikirika momveka bwino kuti, mopanda kusiyanitsa kulikonse, zochitika zonse zomwe zakudya zosaphika zimaletsedwa kwa ofooka, odwala, odwala matenda a m'mimba ndi matenda ena, ndizo zakudya zoletsedwa zomwe zingachiritse, kulimbikitsa ndi kulimbikitsa odwala. .

Zikatero si nkhani ya kusiya chizoloÿezi choipa.
M’malo mwake, wodwala tsopano akupempha chipatso, koma ife tikuchikana; amamva kuwawa ndi chakudya chophikidwa, koma timamunyengerera kuti adyeko pang’ono; Timakwatula chipatsocho m'manja mwa mwana ndikukakamiza chakudya chophika kukhosi kwake. M’mawu ena, timafulumizitsa malekezero awo mwa kuwakakamiza kudya zakudya zomwezo zomwe zayambitsa matenda ndi kusakhoza kwawo. Kuwongolera kusamvetsetsana kwa mtundu umenewu kokha kudzachepetsa chiÿerengero cha imfa zosayembekezereka ndi 50 pe

Kuti titsimikizire tokha za chowonadi cha mawu awa pamenepo si njira ina koma kukhazikitsa kudya kosaphika kwa miyezi ingapo, ndipo kuyesa kumeneku kuyenera kuyesedwa ndi munthu aliyense wanzeru. Ndi mwanjira imeneyi kuti mapeto omaliza adzaperekedwa ku malingaliro olakwika ndi otsutsana omwe alipo pazakudya.

Mu kuwala yaiwisi-kudya mfundo zofunika zakudya salinso khalanibe ku mayunivesite ndi mabungwe ofufuza; m'malo mwake amakhala zinthu zofunika kwambiri kwa anthu onse. Kwa anthu wamba, mayina asayansi azakudya masauzande ambiri, mitundu yake yovuta komanso mafotokozedwe aatali, otopetsa azakudya zawo komanso mapindu omwe amaganiziridwa kuti atha kufotokozedwa m'magawo atatu.

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mawu okha: RAW VEGAN FOOD, kapena zopangira zonse za thupi la munthu.

Chifukwa chake, kudya kosaphika kumakhala koyenera kusiyapo sayansi ya zamankhwala, lingaliro lomwe silingafotokozedwe ndi malingaliro asayansi, koma mwanzeru, maumboni ake kukhala malamulo osatsutsika achilengedwe ndi zotulukapo zoyambirira zopezedwa kuchokera ku zochitika zenizeni.

Sitiyenera Kukhumudwitsa Umphumphu wa Munthu Wanyama Zipangizo

Thupi la munthu ndi fakitale yovuta. Itha kuonedwa moyenerera ngati dziko lalikulu la mafakitale ndi machitidwe chifukwa selo lililonse lomwe limatengedwa padera lili lokha fakitale yovuta yomwe, nayonso, imakhala ndi mafakitale ena ambiri. Kufikira lerolino, asayansi ofufuza atha kupeza mbali zofikira zikwi khumi mu selo lililonse. Chiwalo chilichonse kapena chiwalo chilichonse chimapangidwa ndi ma milliards a maselo oterowo, ndipo amachokera ku kuphatikiza kwa glands, ziwalo, machitidwe, mafupa ndi khungu lomwe thupi la munthu limapangidwa.

Kuti athe kugwira ntchito zawo moyenera, mafakitale ndi machitidwe ovuta kwambiriwa ayenera kuperekedwa ndi zipangizo zomwe zili ndi zikwi makumi ambiri za zinthu zosiyanasiyana, zomwe ziri ndi ntchito yake yapadera yochita mu gulu lonse la thupi la munthu. Zinthu zonsezi zimamangidwa mothandizidwa ndi kuwala kwa dzuwa ndipo zimakhazikika muzomera. Mwachitsanzo, njere, tsamba kapena chimanga chili ndi zinthu zonse zofunika pa moyo wa nyama. Tsopano, ngakhale kuti zigawozo zimasiyana m'zomera zosiyanasiyana pokhudzana ndi kapangidwe kake ndi kakonzedwe kake, izi zilibe kanthu, chifukwa pambuyo poyambitsa zamoyo zimaphwanyidwa ndikupangidwanso, panthawi yomwe chinthu chimodzi chimasinthidwa kukhala chinthu china. Choncho, chamoyocho chimatha kusintha kuchuluka kwa zigawo zosiyanasiyana malinga ndi zosowa zake, koma ngati palibe mankhwala enaake sangathe kubweretsa chinthu chosowacho kukhala mkati mwa chamoyo kapena m'malo mwa chinthu china.

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Mwachitsanzo, sikunatheke kutulukira mu labotale mmene muli calcium, mavitamini kapena mapuloteni ochuluka kwambiri mu clover, komabe ndi ku clover ndi udzu wamba kumene nyama zimatenga mavitamini awo onse ndi mchere wamchere, ndi kupanga mafupa awo akuluakulu. , nyama ndi mafuta. Mwa kuyankhula kwina, m'malo mwa mkaka, batala, tchizi, ubongo, chiwindi ndi nyama zomwe anthu osawona bwino amalimbikitsa monga magwero a calcium, phosphorous, mavitamini ndi "mapuloteni oyenerera", clover yokha ikhoza kukhala. tikulimbikitsidwa, chifukwa zonsezo zimachokera ku clover. Chifukwa chake, ndizopanda tanthauzo, zopanda pake komanso zovulaza kunena kuti chakudya choterechi chimakhala ndi vitamini wina, pomwe china chimakhala ndi mchere wina, chifukwa, kupatula kusokeretsa ndi kusokoneza anthu, zonena zotere sizimatumikira. cholinga chilichonse chothandiza.

Waukulu ntchito za nutritive constituents mu chamoyo ndi katatu. Choyamba, amagwira ntchito ngati zida zomangira ndi kukonzanso maselo; kenaka amatulutsa mphamvu yofunikira yoika maselowo m'kuyenda ndi kupereka kutentha kwa thupi, ndipo pomalizira pake, amapereka ma cell apadera zinthu zopangira zinthu zofunika kaamba ka ntchito zawo zobala.

Ndikofunikira kuti tizisamalira zamoyo zathu monga momwe wopanga amasamalira fakitale yake. Chifukwa chake, pakugwira ntchito kwa ntchito zomwe tazitchulazi, tiyenera kupereka matupi athu zonse zofunikira zopatsa thanzi monga gawo limodzi komanso mulingo womwewo momwe chilengedwe chimatiperekera.
Kupanda kutero, ngati pakhala kupereÿera m'zigawo zilizonse, mfundo imeneyi idzakhala ndi zotsatirapo zoipa pa kumanga ndi kugwira ntchito kwa chamoyo.

Koma kodi munthu wotukuka masiku ano amausamalira bwanji thupi lake? Amachotsa, kuwotcha, kupha ndi kusokoneza kukhulupirika kwa zopangira zake ndiyeno amadzaza m'mimba mwake mwachisawawa ndi mitembo yakufa ndi yapoizoni. Mwanjira imeneyi, kumwa kwake kwa gawo linalake kumatha kupitilira kambirimbiri zomwe zimafunikira m'thupi lake, ndikusoweratu m'magawo ena.

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Kuchokera ku nyama yophika, mkate woyera, macaroni, mpunga, maswiti, mafuta ophikira ndi margarine amapangidwa osatheka, maselo a parasitic a dongosolo losavuta, pansi pa kulemera kwake komwe wokonda chakudya amawerama. Asayansi ochita kafukufuku amatha kutsimikizira mosavuta kuti zaka 50, 100 kapena 200 zapitazo kusagwirizana kwaumunthu kumayendera limodzi ndi kuwonda kwambiri. M'masiku amenewo, munthu anali ndi mphamvu yaikulu yolimbana ndi matenda ndipo thupi la munthu linkatha kulimbana ndi zakudya zosagwirizana ndi chilengedwe komanso kuletsa kuchulukitsitsa kwa zinthu zotere mwa kulephera kudya, kutsekula m'mimba, kusanza ndi njira zina zotere. Komabe, m'kupita kwa nthaŷi thupi la munthu limagonjera ku chitsenderezo cha zakudya zosokonekera, "zimadzitengera" zokha kwa iwo, ndipo zimalola kuchulukira kosalekeza kwa ana awo ndi kunyada kwa nkhope zawo. Anthu amenewa anakhala oyamba kupanga maselo osavuta, opanda pake, osagwira ntchito ofanana ndi kapangidwe kawo. Ndicho chifukwa chake masiku ano kuwonda sikufala kwambiri ndipo dziko ladzaza ndi zonyansa, zosagwirizana ndi chilengedwe.

Masiku ano, ana ambiri amabadwa ndi mtolo woopsa wachabechabe ndi maselo osagwira ntchito. Makolo awo amaganizo osavuta amanyadira chifukwa cha kulemera kwa ana awo ndi kunyada kwa nkhope zawo. Nthawi zina kuchulukiraku kumakhala kwakukulu kwambiri kotero kuti kumadetsa nkhawa anthu omwe amamvetsetsa zenizeni zake. Komabe, anthu opusa amaimira zoopsazi pamagulu awo a zakudya za ana monga zizindikiro zotsimikizirika za thanzi labwino.

Chamoyo chaumunthu chimayesetsa kwambiri kuti chiteteze kuwonjezereka kwakukulu kwa maselo a parasitic ndi opanda pake, powagawira pa ziwalo zonse zaufulu za thupi: kumtunda ndi m'munsi, kuzungulira chibwano, pansi pa khungu la mimba. ndi chiuno, ndi kwina. Zimachitika, komabe, kuti nthawi zina ma cell ena amatha kusuntha kuwongolera, kudzipatula ku moyo wapagulu, kukhala odziyimira pawokha, kuyambitsa moyo wamunthu ndikuchulukana popanda malire. Nthaŷi zambiri zamoyozo zimachita bwino kusunga magulu a maselowo ali pamalo amodzi ndi kuwalepheretsa kufalikira. Kukula kwake kumatchedwa "benign neoplasm" kapena "benign chotupa" ndipo kuyenera kusiyanitsidwa ndi kukula komwe kumayambira momasuka kumadera osiyanasiyana a thupi.

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kuti mukhale bwino ndi mapuloteni (makamaka mapuloteni a nyama), omwe amadziwika kuti "malignant neoplasm" kapena kungoti khansara.

Ndikofunikira kutsindika mfundo yakuti kuphika si chinthu chokhacho chomwe chimayambitsa kutayika kwa zakudya zopatsa thanzi. Ufa woyera ndi mpunga wopukutidwa ndi zakudya zovulaza ngakhale zitadyedwa zosaphika. Ngakhale udzu wouma si chakudya choyenera, ngakhale kuti ukhoza kusunga chamoyo chamoyo. Zakudya zabwino kwambiri zitha kukhala phesi la tirigu limodzi ndi khutu, ngati zimadyedwa zobiriwira m'chilimwe ndikuwuma m'nyengo yozizira. Pakuti ng'ombe ndi nkhosa udzu wa paphiri sungathe kuonedwa ngati chakudya changwiro; Nyama zimenezo zadutsa mu chisinthiko chawo mu chikhalidwe chaulere, kudya nthawi imodzi pa udzu, masamba, zipatso ndi ndiwo zamasamba. Ichi ndichifukwa chake makamaka milandu ya matenda imachitika pakati pa nyama zomwe zakanidwa, kudzera mukuchitapo kanthu kwa munthu, zakudya zoyenera zomwe zimafunikira m'maselo awo. Komabe, sipanakhalepo pamene ziwalo za nyama zimadya udzu wamba zomwe zimakumana ndi zoopsa ngati za munthu; komanso si tizilombo toyambitsa matenda kwa iwo monga momwe zilili kwa ife, pachifukwa chophweka chakuti alibe khitchini. Kodi sizingatheke kupatsa maselo a khansa makhalidwe apamwamba omwe ali ndi maselo abwinobwino ndikuwabwezera pachifuwa cha anthu ammudzi mwa kudya zipatso, zomwe zilidi zopanda mapuloteni, koma mavitamini olemera ndi zigawo zina za Zopatsa thanzi kwambiri, ndiye kuti palibe mankhwala padziko lapansi amene angachite ntchitoyi. Zoyesayesa zonse zochiza khansa pogwiritsa ntchito mankhwala ndi maopareshoni n'zachabechabe ndipo zidzalephereratu. Koma mwamuna wanzeru sayenera kudwala khansa ngati sakhumudwitsa kukhulupirika kwa zopangira zake.

Choncho, maselo omwe amapangidwa kuchokera ku nkhuku ndi mpunga, supu, chiwindi chowotcha, mkate ndi batala, uchi, kupanikizana ndi maswiti alibe mphamvu yochita ntchito iliyonse yothandiza. Maselo ogwira ntchito, apadera komanso athanzi m'thupi la munthu amabadwa ndi zipatso ndi ndiwo zamasamba zokha; mwa kuyankhula kwina, mwa mapuloteni omwe amalowetsa m'thupi la munthu zikwi zambiri zamagulu osiyanasiyana opatsa thanzi m'makhalidwe awo achilengedwe komanso amoyo, komanso omwe okonda zakudya amayesa kudya nthawi zina ngati "zakudya zopanda thanzi". Aliyense ayer

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kuti azindikire kukula kwa mlandu womwe kholo lidachita lomwe limauza mwana wake kuti asawononge chilakolako chake ndi chipatso asanadye chifukwa ayenera kudya posachedwa. Izi zikufanana ndi kumuuza kuti asadye masauzande a zinthu zosiyanasiyana zopangira zinthu zomwe zili zofunika kwa chamoyo chake m'chilengedwe komanso m'moyo wawo, koma kuti adikire mitembo yakufa ndi yopanda moyo ya ochepa a iwo, yomwe adzamupatse. posachedwa mu mawonekedwe a chakudya.

Odya zophika amasangalala poganiza kuti zakudya zomwe amadya zimakhala ndi zopatsa mphamvu zambiri. Tsopano, zopatsa mphamvu zitha kukhala zothandiza pokhapokha atapindula mokwanira. Pamene chiwerengero cha maselo a minofu ndi chochepa, ndipo ngakhale ofooka, odwala komanso opanda elasticity, gawo lalikulu la zopatsa mphamvu zimakhalabe zosagwiritsidwa ntchito ndipo, pambuyo poyambitsa vuto lalikulu kwa thupi, kusiya chamoyo mu mawonekedwe osafunika. kutentha, ndi kutayika kopanda pake. Tikayatsa moto panja, mphamvu ya motowo imatayika mopanda ntchito, koma tikayatsa motowo mu injini ya fakitale, umakwaniritsa cholinga chake. Mwa zakudya zophikidwa, woledzeretsa wa chakudya amaloÿetsa m’thupi lake kudya kwa macalorie kuÿirikiza katatu kapena kanayi kuposa mmene zimagwirira ntchito m’thupi lake. Ma calories omwe amachokera ku zakudya zosaphika amakwaniritsa cholinga chake, chifukwa zakudya zotere zimaphatikizidwa ndi zinthu zonse zofunika kuti ma calorieswo agwiritsidwe ntchito.

Iyenera kukhala ntchito ya akatswiri a sayansi ya zamoyo ndi madokotala kulimbikitsa anthu kuti asalekanitse zopatsa thanzi kuchokera kwa wina ndi mzake, koma nthawi zonse azidyera pamodzi, mwachibadwidwe chokhazikika komanso ndi maselo awo amoyo. Asanene za phindu la zakudya zopatsa thanzi, koma azitsindika kufunika kwake; monga momwe timaonera chiyero cha petulo osati ngati chothandiza pa ndege, koma ndi chofunikira kwambiri. Sayenera kulankhula za ubwino wa mavitamini alionse, koma ayenera kutsindika kuopsa kwa kusokoneza kukhulupirika kwawo ndi kuwawononga.

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Nthawi zambiri, sayansi yonse yazakudya imatha kufotokozedwa mwachidule mu mfundo zazikulu ziwiri ndikuyika chidwi cha anthu onse:

1. Chakudya cha munthu chiyenera kukhala ndi maselo amoyo. Kokha zakudya zomwe zimakhala ndi maselo amoyo zili ndi mikhalidwe yonse yofunikira kuti ikwaniritse zofuna za thupi la munthu. Munthu si necrophagous. Sakanakhalanso wodya nyama monga kugwira ntchentche m'mlengalenga ndi kuimeza yamoyo, kapena kukhadzula nyama yolusa ngati chilombo cham'tchire ndi kuidya ndi matumbo ake onse ndi mafupa kuti azidya.

2.Pali matupi amasamba odziwika komanso osankhidwa mwachilengedwe. Matupi a masamba abwino kwambiri komanso opatsa thanzi kwambiri ndi mitundu yabwino ya zipatso, masamba obiriwira, chimanga ndi mizu.

Mwa kudya chakudya chophikidwa, munthu amatseka chikhumbo chake ndi mitundu itatu mwa inayi ya zinthu zomwe zawonongeka ndi kulepheretsa chamoyo chake kukhala ndi zikwizikwi za zigawo zina zofunika. Umboni wochititsa chidwi wa chitsimikiziro ichi ndi chakuti pakati pa zikwi zambiri za mankhwala achipatala ndizovuta kupeza imodzi yomwe vitamini ina kapena zina sizinatchulidwe, koma simudzakumana ndi mankhwala omwe mayina a mapuloteni, mafuta ndi chakudya amatchulidwa.

Mwachidule, munthu amakhala ndi thanzi langwiro akamadya zakudya zosaphika zokha, amadwala mpaka amadya chakudya chophikidwa ndipo amafa akamangodya zakudya zotere.

Momwe Matenda Amabadwira

Tiyeni titenge chithokomiro chomwe chimapangidwa ndi mabiliyoni a maselo. Maselo amenewa ali amitundu yambiri, ndipo iliyonse ili ndi ntchito yake kapena ntchito yake yoti igwire. Chifukwa chake, pali ma cell aminofu ndi ma epithelial cell, ndipo pali maselo amitsempha ndi ma cell pazolinga zina zambiri. Koma ntchito yaikulu ya maselo a gland iliyonse ndi kutululutsa madzi.

Tizilombo toyambitsa matenda a munthu yemwe amadya chakudya chophikidwa amakhala ndi maselo okwanira, mwinanso ochulukirapo, koma kotala kapena gawo limodzi mwa magawo asanu a iwo omwe ali oyenera ntchito iliyonse yothandiza, ndipo izi sizokwanira. Mapuloteni

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paokha, makamaka mapuloteni a nyama zakufa omwe amawonedwa ndi anthu afupiafupi ngati zomangira zabwino kwambiri, zimatha kuyitanitsa kukhalapo kokha mawonekedwe osavuta a cell opanda mawonekedwe, osatheka komanso opanda ntchito amtundu wakale. M'mapangidwe awo, maselowa amafanana ndi zamoyo zakale kwambiri zomwe zidayamba kuwonekera padziko lapansi m'magawo oyambilira a chisinthiko ndipo adamangidwa ndi zinthu zomangira zodziwika bwino: mapuloteni, mafuta ndi chakudya.

Komabe, m'kati mwa zaka mazana ambiri zotsatira, zamoyo zoyamba za unicellular zakhala zikusintha kwanthaŵi yaitali mothandizidwa ndi zinthu zopatsa thanzi zapamwamba kwambiri, zomwe ndi mavitamini ndi mchere wodziwika ndi wosadziwika kwa ife.
Mkati mwa chisinthiko chimenecho iwo anakula ndi kubala zamoyo zosiyanasiyana zovuta kwambiri. Titha kuona kubwereza kwachidule kwa kakulidwe ka mbiri kameneka ka zamoyo zomwe zili mluza wa nyama, kuyambira pamene chinakula mpaka kukula kwake. Zomwezo zimabwerezedwa panthawi ya chitukuko cha maselo aumunthu.

Mu gland yopatsidwa, selo lililonse lapadera limakhala ndi njira zinazake, zomwe zimatha kukonzedwa ndikupangidwa kuti zitheke kugwira ntchito mwachangu popereka zinthu zapadera zopatsa thanzi.
Tsopano, zopangira zofunikira kuti zigwire ntchito zamakinawa zitha kuperekedwa kokha ndi zakudya zosaphika. Palibe njuchi yomwe ingapange uchi kuchokera ku timadzi tokoma tamaluwa ophikidwa!

Pamene zigawo zapadera sizikufika ku selo mokwanira, kukula kwake kumachepa kapena kutha kuima. Izi zimabweretsa mitundu yosiyanasiyana ya matenda, monga mafuta, anaplastic, maselo owopsa kapena a khansa, macrophages, megakaryocytes, polykaryocytes, ndi zina zotero.

Chifukwa chake, sikuti ma cell ambiri a gland omwe akufunsidwa samatero kupeza ukadaulo (kusiyana), komanso zopangira zofunikira pakutululutsa kwamadzimadzi sizimafika ku maselo ochepa omwe amakhalabe ndi kuthekera kogwira ntchito chifukwa chomwe chithokomiro sichimatha kukhalabe ndi kuchuluka kwake koyenera. Ndi njira iyi yomwe gland ilili

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kukhudzidwa ndi matenda. Kukula kosakwanira komanso kusagwira bwino ntchito kwa maselo kumatha kuchitikanso m'zigawo zina zonse ndi machitidwe, zomwe zimapangitsa kuti pakhale matenda ofanana.

Nthawi zina gland kapena chiwalo china chimawononge ka motere kuti kuchotsedwa kwake kumakhala kosapeweka. M'malo motengera njira zachirengedwe kwambiri zoletsera chiwonongeko cha chiwalocho poyambirira, amuna amatenga vuto lalikulu kuchichotsa ndiyeno amanyadira kuchita kwa chozizwitsa choterocho. Kwa munthu wosaphika zamasamba ndizodziwikiratu kuti palibe mankhwala omwe angabwezeretse selo lomwe lawonongeka ndikubwezeretsanso mphamvu yake yogwira ntchito.

Wodya zosaphika alibe mantha ndi tizilombo toyambitsa matenda, chifukwa amatetezedwa motsutsana nawo ndi mphamvu zachilengedwe. Tizilombo tating'onoting'ono sitingawononge maselo opangidwa bwino komanso apadera (osiyana). Iwo amafalitsa zowononga zawo pa ofooka ndi wosakhwima maselo.

M'chenicheni wakudya wophikayo amakhalako chifukwa cha zakudya zochepa zosaphika zimene nthaŷi zina amadya kuti angosangalala nazo, popanda kuganizira kufunika kwake kokwanira. Tsopano, chifukwa chakuti thupi la munthu lingathe kukhalabe ndi moyo pa chakudya chochepa kwambiri, timagulu tating'ono tambiri timene timakhala tambirimbiri tomwe timam'sunga wamoyo kwa kanthaŷi.

Masiku ano, ngakhale akatswiri odziwa za kadyedwe kake nthawi zambiri amaona kuti kuwola ndi kuipitsidwa ndi vuto lokhalo lazakudya. Amaona kuti zakudya zonse zomwe zili zatsopano, zoyera komanso "zophikidwa bwino" ndi zopatsa thanzi, zopatsa thanzi komanso zabwinobwino. Kusowa kwa masauzande ambiri ofunikira mwa iwo sikukuwoneka kuti kumawadetsa nkhawa konse. Akakumbutsidwa za nkhaniyi, amayankha kuti nawonso amadya zipatso. Yankho lopusa kwambiri ili. Matenda a m'thupi la munthu amachokera ku mfundo yakuti timalekanitsa zopatsa thanzi kuchokera kwa wina ndi mzake ndikuzidya padera, monga mwangozi, popanda ndondomeko yoyenera.

Zakudya zopatsa thanzi siziyenera kufunidwa mumitundu yosiyanasiyana zakudya zomwe zimadyedwa, koma m'mitundu yosiyanasiyana yopangira

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zakudya zimenezo. Udzu wamba, pawokha, ndi wolemera mu kuchuluka kwa zopatsa thanzi komanso kusonkhanitsa konse kwa mbale zambiri zomwe zimaperekedwa m'maphwando apamwamba kwambiri. Ichi ndi chigamulo cha sayansi.

Misonkhano yambiri yazachipatala imachitika pofuna kupewa matenda pomwe, pambuyo pokambirana kwa maola ambiri pa maphunziro apamwamba, oimira sayansi ya zamankhwala amasonkhanitsa matebulo okongoletsedwa bwino kuti adye chakudya chawo. Kenako, kunyalanyaza zakudya zoyambira komanso zokhazikika bwino, zomwe zimapangidwira mu labotale yodabwitsa yachilengedwe yopewera matenda komanso yomwe imakhala ndi zinthu zambiri zamoyo, amadzaza m'mbale ndi mitembo yakufayo. Choipa kwambiri n'chakuti ambiri a iwo, poona kuti zakudya zachilengedwe n'zosafunika kwenikweni, amamaliza ntchito yawo yodya khofi ndi ndudu. Aloleni madokotala andikhululukire chifukwa cha kukhwima kumeneku, koma nditalingalira pang'ono iwo ayenera ndithudi kuvomereza nane kuti iyi si dongosolo loyenera la kadyedwe kake ndi kuti yafika nthawi imene iwo analingalira mozama kusintha kwakukulu mu miyambo yolakwika ya kadyedwe kameneka.

Panthaÿi ina m'maiko ena a ku Asia, zigawenga zimene anaweruzidwa kuti ziphedwe zinali kudyetsedwa kokha ndi nyama yophika. Nthawi zambiri amafa mkati mwa masiku 28-30, pamene njala itatha, munthu akhoza kukhala ndi moyo kwa masiku 70. Izi zikutanthauza kuti sikuti nyama yophikidwa yokha ndi zakudya zopanda pake, koma, ndi poizoni amene imatulutsa, ilidi poizoni amene amapha munthu m'kanthaÿi kochepa chabe.

Zimadziwika kuti anthu omwe amadya mpunga wopukutidwa kwambiri amakhala ndi beriberi, yomwe imapha wodwala pambuyo poyambitsa mavuto ambiri. Tsopano mwina chizindikiro chofunika kwambiri cha beriberi ndi polyneuritis, koma ichi si chizindikiro chokha cha matendawa; ndi chimodzi mwa zizindikiro zambiri. Komanso kuchepa kwa vitamini B1 sikumayambitsa matendawa, monga momwe anthu amaganizira. Mpunga wopukutidwa ulibe mavitamini odziwika kapena osadziwika. White mkate ndi, ambiri, onse kukonzekera

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kuchokera ufa woyera ndi chimodzimodzi makhalidwe monga opukutidwa mpunga ali. N'chimodzimodzinso ndi shuga wopangira ndi mafuta omveka bwino, omwe ndi oimira amodzi okha kapena ena mwa zikwi zikwi za zakudya zowonjezera.

Zakudya zomwe zili pamwambazi, zomwe zimapanga chakudya chokhazikika cha wophika-ophika, ndizomwe zimayambitsa imfa, zokha zimapha munthu mwachinyengo cha kutsekula m'mimba, matenda opatsirana, rheumatism, gout, sclerosis, shuga, apoplexy, khansa ndi zambiri. matenda en Nthawi zina amapha ali ndi chaka chimodzi chokha, nthawi zina ali ndi zaka zisanu, 10, 50 kapena 70, malinga ndi kuchuluka kwa zakudya zomwe zimadyedwa (zakudya zophikidwa ndi zakudya zosaphika) komanso kuchuluka kwa cholowa. kukana kufalikira kwa munthu.

Chifukwa cha zakudya zolakwika, masiku ano amayi ambiri alibe mkaka woyamwitsa ana awo, choncho ena amadyetsa ana awo mkaka wouma, mabisiketi, buledi woyera ndi tiyi. Mwachibadwa, mwanayo amayamba kutayika komanso kuwonda. Zipatala za ana ndi nyumba zosungira ana amasiye padziko lonse lapansi zadzaza ndi odwala otere.

Ndi zokwanira kupereka ana awiri okha tumblers a zipatso madzi tsiku lililonse kuti athe kuyambiranso thanzi lawo pakatha milungu iwiri. Koma odyetserako zakudya, omwe amanyalanyaza kufunikira kwa zipatso, amayesa zowawa zamtundu uliwonse pa thupi lowonongeka la mwanayo, ndipo atatulutsa madontho omaliza a magazi, amayesa kumudyetsa ndi mkaka wouma, zowonjezera za nyama. , mavitamini opangira ndi mankhwala osiyanasiyana. M’mawu ena, kunyalanyaza kulinganiza kogwirizana kwa zigawo za zakudya zoperekedwa mowolowa manja mwachibadwa, amayamba kuyesa thupi lowonda la mwanayo kupyolera mwa zigawo zoÿerengeka zimene apezamo chidziÿitso chochepa m’ma laboratories awo. Ngati mwanayo sapeza zakudya zachibadwa zilizonse mwanjira inayake, adzafadi ndipo imfa zoterezi zimachitikadi masauzande ambiri. Koma, chomwe chili choyipa kwambiri, akatswiri ambiri odziwa zakudya samalola ana oterowo kuti azidya zipatso zosaphika pokhulupirira kuti m'mimba yawo yofooka siyingagayike, kapena, chabwino, amasiya funso la zipatso kuti adziwe. makolo a ana, ponena za

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ngati chinthu chamtengo wapatali chosafunika kwenikweni. chitirani umboni kuti m’zipatala zambiri mupeza nyama, mabisiketi, mkaka wouma, shuga, tiyi, margarine, mpunga, buledi woyera, mavitamini ochita kupanga ndi mankhwala monga momwe mungafunire, koma simudzawona chipangizo chimodzi chofinyira zipatso. timadziti, ndi kugula zipatso ngakhale mokakamizidwa. Mitembo yambiri ya ana imatulutsidwa m'zipatala zotere, koma palibe amene akufuna kuti anthu omwe amwalira ndi matenda obwera chifukwa cha zakudya zosayenera

Ndimalimbikitsa chidwi cha madokotala onse. Aloleni aiganizire mozama nkhani imeneyi. Ndimafunsa aphunzitsi onse a m’mayunivesite ndi mabungwe onse amene ali ndi udindo komanso maunduna a zaumoyo m’mayiko onse padziko lapansi ngati akudera nkhawa za thanzi ndi moyo wa anthu awo kapena ayi. Ngati atero, ayenera kuyamba ntchito mosazengereza. Ndemanga zanga sizongopeka chabe, koma mfundo zosatsutsika, zomwe ndimapereka kwa owerenga osati chifukwa choyesera pa nkhumba, koma ndi chitsanzo chamoyo cha banja langa ndi ine ndekha.

Njira yabwino kwambiri yopewera ndi kuchiza matenda komanso kukweza moyo wa munthu ndi kuti unduna uliwonse wa zaumoyo ukhazikitse bajeti yosafunikira kuti ikhazikitse madipatimenti odziwa zambiri, ndi cholinga chofuna kudziwitsa anthu ambiri. kuvulaza kochitidwa ndi kuphika, limodzinso ndi zakudya zopanda mavitamini, makamaka mkate woyera, mpunga, nyama, mafuta oyeretsedwa bwino, shuga, tiyi, khofi, zakumwa zoledzeretsa ndi zosaledzeretsa. Kenako anyengerera anthu kuti achepetse kudya zakudya zophikidwa mmene angathere komanso kuti asinthe pang’onopang’ono kadyedwe kawo.

Mwachibadwa, popeza amuna onse ndi opanda nzeru, n’zosatheka kupangitsa aliyense kukhala wodya zosaphika nthawi imodzi, koma n’kofunika kwambiri kuti anthu adziÿe bwino zinthu zofunika za thupi lawo kuyambira ali akhanda, azimasuka ku tsankho lolakwika ndi loopsa, ndipo ayenera kuzindikira kuti si nkhuku msuzi, mpunga, cutlets, mazira ndi beefsteak kuti kuwapatsa ndi ana awo thanzi ndi mphamvu, koma utakula tirigu, kaloti, tomato, mtedza, mphesa ndi zina zotero. mwachitsanzo, chifukwa chodya nyama ndi zakudya zina zophikidwa kwa zaka 52, mphamvu zanga zonse zinali zitandithera ndipo ndinatha.

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osakwera masitepe awiri osapuma mpweya; koma lero, nditasala kudya zophika kwa zaka zisanu ndi zitatu, ndimatha kuthamanga mapiri momasuka kwambiri.

Sindikudziwa chifukwa cha sayansi masiku ano, m'nyumba zambiri za ana ndi malo osungira ana amaika mabokosi a masikono kwa ana, kuti adzithandize okha nthawi iliyonse yomwe akufuna.
Mabokosi a zinthu zowononga zo ayenera kusinthidwa ndi madengu a zipatso zatsopano, kaloti, nkhaka ndi tomato m'chilimwe, ndi zipatso zouma m'nyengo yozizira, zomwe ana ayenera kuloledwa kudya momasuka komanso momwe amafunira nthawi zonse. za tsikulo. Ndiyeno aliyense adzaona mmene, mwa malamulo enieni a chilengedwe, ana angayambe kudya zipatso m'malo mwa chakudya chosawononga, motero n'kudzitsimikizira kuti ali ndi thanzi labwino ndi manja awoawo.

Njira yodyera yaiwisi iyenera kukhazikitsidwa m'zipatala zamitundu yonse za odwala ndi anthu onse ayenera kudziwitsidwa za zotsatira zomwe zapezeka. Zosintha zothandiza kwambiri zitha kupangidwa m'malo odyera apagulu. Popanda kulepheretsa anthu omwe ali ndi vuto la "zosangalatsa" pazakudya zophikidwa, zakupha monga momwe zilili, pakadali pano, ndizotheka kuchepetsa kuchuluka kwawo ndi 50 peresenti ndikusintha kutayika ndi saladi watsopano ndi compotes yaiwisi, ndi mitundu yambiri ya zipatso za nyengoyi. Mwanjira imeneyi, sikuti zakudya zokha zidzakhala zosiyanasiyana komanso zosangalatsa, komanso thanzi la anthu lidzalimbikitsidwa, ndipo kupulumutsa kwakukulu kudzakhudza chuma cha anthu.

Anthu akadziwa kuopsa kwa zakudya zophikidwa, amayesa kuzipewa. Padzapezekanso, anthu ambiri anzeru omwe, kumiza mawu a chizoloÿezi chawo, adzatsatira chitsanzo chathu ndipo mwa kudya zakudya zosaphika adzatsimikizira thanzi labwino la iwo eni ndi mabanja awo. Anthu amene ataya chiyembekezo chakuti adzachira kapena amene aipitsidwa ndi chiwopsezo chachibadwa adzazindikira kuti, mwa kusunga mosamalitsa kudya kosaphika, m'miyezi yoÿerengeka chabe adzatha kupeza thanzi limene akhala akulilakalaka nthaÿi zonse.

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Anthu amasindikiza mabuku ambiri osonyeza chithandizo chamankhwala katundu wa zipatso zosiyanasiyana ndi ndiwo zamasamba, monga mphesa, madeti, maapulo, ziwalo, anyezi kapena radishes, ndipo popanga njira zapadera zodyeramo, amayesa kuyika maopaleshoni amenewo mofanana ndi zochitika zasayansi. Kunena zowona, mitundu yonse yodyedwa ya mbewu zosaphika ndi zopatsa thanzi komanso zimakhala ndi mikhalidwe yofanana. Ziribe kanthu kuti munthu amadwala matenda otani, amakwaniritsa zofuna za thupi, amayendetsa ntchito za ziwalo, amabwezeretsa thanzi la wodwalayo. Chidziÿitso chonena za choonadi choterocho chiyenera kuperekedwa kwa anthu kwaulere, chifukwa n'kupanda chifundo kulandira ndalama zauphungu wotero.

Zakudya za munthu wophika zophika zimakhala ndi zotsutsana zakupha. Nthawi zambiri zakudya zovulaza zimalimbikitsidwa kukhala zothandiza, pomwe zofunika kwambiri zimawonedwa ngati zovulaza komanso zoletsedwa. Izi zili choncho chifukwa chokumana nacho cha odya ophika chimatengera zotsatira zaposachedwa, zowonekera komanso zotsutsana za zakudya komanso kuwerengera kolakwika kopangidwa mu labotale. Mamiliyoni a anthu osalakwa amawonongeka chifukwa cha kuwerengera kotsutsana ndi kolakwika kumeneko.

Chitsogozo chodalirika kwambiri ndi chidziwitso chofunikira komanso changwiro cha wodya yaiwisi, chifukwa chake zolakwa zonse, zotsutsana ndi kusamvetsetsana komwe kulipo mu sayansi ya zamankhwala, makamaka, ndi dietetics makamaka, zimabweretsedwa ndikuwongolera kamodzi. kwa onse. Ndikofunikira kuchulukitsa zitsanzo za chochitikacho kutali ndi kuzindikiritsa anthu onse zotulukapo zopezedwa.

Ndi Zolakwa Zoipitsitsa Kuphunzitsa Mwana Wobadwa Watsopano ku Zinthu Zophika

Zikaonekera kwa aliyense kuti kudya kophika ndi chizolowezi chosakhala chachibadwa, kuti ndiko kumayambitsa matenda onse a anthu komanso kuti ndi kumwerekera koopsa kotero kuti munthu akangogwa msampha wa kugwiriridwa kwake mopanda chisoni, wovulazidwayo nthawi zambiri samatha kumasuka. Iye yekha kuchoka m'manja mwak Ndi ufulu wanji umene munthu wanzeru ali nawo woti awulowetse m'thupi la munthu

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mwana wosalakwa ndi manja ake? Kodi ali ndi ufulu wotani wowononga ziwalo za mwana wake wamng'ono ndi zakudya zimene zatenthedwa, kuwonongedwa, kuphedwa pamoto? Kodi si upandu wankhanza kwambiri kuposa upandu uliwonse, kodi kwenikweni si kupha anthu, kupha anthu mwankhanza? Inenso ndapha ana anga awiri okondedwa ndi manja anga mwanjira imeneyo ndipo ndikudziwa bwino za kukula kwa mlanduwo.

Ndipotu, makolo onse omwe ali ndi vuto la chakudya ndi filicides. Masiku ano zaka zana palibe amene amafa imfa yachibadwa. Imfa zonse zimabwera chifukwa cha matenda omwe amayamba chifukwa cha zakudya zophika, ndipo anthu omwe amaphunzitsa ana kudya zakudya zophika ndi makolo awo. Makolo odya zakudya zophika ayenera kuzindikira mokwanira kuti thayo la matenda ndi vuto lililonse la ana awo lili pa mapewa awo. Ayenera kupenda nkhaniyi mozama kwambiri asanapitirize njira yawo yolakwika yanthawi zonse.
Maziko a khansa iliyonse kapena sitiroko ya mtima amayalidwa ndi chidutswa choyamba cha chakudya chophika choperekedwa kwa khanda, ngakhale pamene matendawa ayamba kuonekera pa ukalamba kwambiri.

Anganene kuti n'kovuta kwa anthu akuluakulu kulandidwa chakudya chophikidwa. Chabwino ndiye kuti zikatero apitilize kuchita zoipa mpaka kukhutitsa mitima yawo. Koma nchiyani chomwe chimawakakamiza kuwotcha zinthu zofunika kwambiri za mwana wakhanda, kuwononga, kuwachotsa zofunika kwambiri, kuwasintha kukhala zinthu zovulaza ndiyeno kuzipereka kwa mwana? Khalidwe lopanda umunthu lochitira ana osalakwa, nkhanza zotere, ziyenera kutha.

Palibe lamulo la sayansi limene limaletsa kholo kupatsa mwana wake tirigu wophuka m'malo mwa mkate woyera, mpunga wopukutidwa kapena makaroni; madzi atsopano a kaloti, malalanje, mphesa ndi maapulo m'malo mwa mkaka wouma; zipatso zosaphika m'malo mwa compote; mtedza, amondi, nyemba zophuka ndi nandolo m'malo mwa nyama ndi mafuta. Mwanayo akamadya zakudya zosaphika, amakhala ndi moyo wathanzi, wosangalala komanso wautali, pamene zakudya zina zimamupangitsa kuti adwale komanso kufa mwadzidzidzi. Mungakhale otsimikiza kuti mwanayo amalakalaka chakudya chosaphika ndi moyo wake wonse. Akufuna kuti alandire zopangira zake zili bwino ndipo ali ndi ufulu wosatsutsika kwa izo.

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Dokotala kapena kholo lopanda nzeru ndi chikumbumtima liyenera kuchitapo kanthu, popanda kukayikira ngakhale pang'ono.

Pamene ali ndi miyezi itatu kapena inayi, ziwalo za mwana zimayamba kuti agwire ntchito mosadukizadukiza, dokotala wosawona bwino amalemba mitundu iwiri kapena itatu ya mavitamini ochita kupanga m'malo mwa zinthu masauzande ambiri zomwe zatenthedwa pamoto, kapena amalimbikitsa, monga mankhwala, ochepa omwe amayeza zipatso za spoonfuls. madzi, motero chikumbumtima chake ndi cha makolo a mwanayo chinapumula. Kodi nchifukwa ninji mwana ayenera kudwala chifukwa cha kusowa kwa vitamini, ngati ndi manja ake omwe amayi ake samawononga mavitamini omwe amapezeka muzakudya zachilengedwe?

Tiyeni titseke maso athu kwa kamphindi ndikudziwonetsera tokha mu chonse chozizwitsa chomwe chilengedwe chimachita. Tikangolowetsa njere imodzi ya tirigu m'fakitale ya thupi la munthu kudzera m'kamwa, chamoyocho chimatenga njereyo, kuiphwanya ndi kuigawa m'thupi lonse. Zinthu zikwizikwi zosiyanasiyana zomwe zakhazikika mu njereyo zimapita mbali zonse ndipo chilichonse chimapita kukagwira ntchito yake. Chifukwa chake, zigawo zosiyanasiyana zopatsa thanzi munjere ya tirigu zimagwira ntchito masauzande masauzande ambiri ndikuchita ntchito zachilengedwe zamoyo popanda cholakwika kapena cholakwika.

Koma chimachitika ndi chiyani tikamalowetsa m'mimba chidutswa cha mkate woyera? Zimapangitsa m'mimba kugwira ntchito mopanda cholinga; umatenthedwa ndi kusandulika kutentha kopanda ntchito, kapena, koposa zonse, umapita kukawonjezera njerwa zopanda matope zochepa kapena miyala pa maselo ena aulesi, opanda pake. Mtima wa munthu amene amadya tirigu wosaoneka bwino ndi wolimba ndiponso wolimba ngati tirigu, pamene mtima wa munthu amene amadya mkate woyera ndi wofooka ndiponso wonyengeka ngati mkate umene wadya. Kuti izi zitheke, chitirani umboni kuchuluka kwa kulephera kwa mtima.

Ngati ndi chozizwitsa china, dziko lonse lapansi lisintha lero ndi kukhala ndi chizolowezi chodya zosaphika, kupatulapo ena omwe ali okulirapo kwambiri m'matenda awo, sipadzakhala kufa mwadzidzidzi mkati mwa zaka zitatu kapena zinayi zikubwerazi, mpaka okalamba.

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anthu amakalamba kwambiri. Momwe zilili, imfa zochititsidwa ndi kudya kophika zimaposa kangapo za zomwe zimachitika pankhondo zazikulu kwambiri.

M'dzina la mwana aliyense wopanda thandizo, ndikupemphanso asayansi onse, amuna ophunzira, atsogoleri a mayiko, mautumiki a zaumoyo, makolo ndi amuna amtima wabwino padziko lonse lapansi kuti athetse nthawi yomweyo chigawenga chowopsya cha ana aang'ono. Kuchedwa kwa tsiku ndi tsiku kumawononga miyoyo yambiri yosalakwa. Anthu akuluakulu ali ndi ufulu wopereka moyo wawo ku zokondweretsa zakupha za zakudya zophikidwa ndipo motero kudzipha, koma amene wawapatsa ufulu wopha ana awo osauka, makamaka monga zakudya zimenezo, osati kuwapatsa chisangalalo chirichonse, zimangodzaza. ana monyansidwa? N'zopanda nzeru kunena kuti mwana akamakula adzaona ena akudya ndiyeno iyeyo amafunitsitsa kudya. Choyamba, nkhanza monga kudya zophika sizingatenge nthawi yaitali ndipo tikhoza kuyembekezera mwachidwi kupambana koyambirira kwa kudya zosaphika. Ndiye palinso anthu miyandamiyanda amene amaona uchidakwa kapena kumwerekera kwa mankhwala osokoneza bongo kwa ena, koma amapewa makhalidwe oipa amenewo. Mwana wanga ali kale ndi zaka 6

(Izi zikutanthauza 1963, pamene gawo ili la bukhulo linalembedwa) ndi iye akhoza kumvetsa chirichonse; amaona chakudya chophikidwa chikudyedwa ndi anthu, koma iye mwini amanyansidwa nacho ndi moyo wake wonse. Kodi ndi mankhwala ati amene amamwa mankhwala osokoneza bongo amene amaphunzitsa mwana wake wakhanda kuti ayambe kumwa mankhwala osokoneza bongo atangobadwa kumene? Kodi ndi nzeru zotani zimene zimasonkhezera mwamuna kupereka mwana wake nsembe ndi kumupangitsa kukhala bwenzi lake loyambirira ku zizoloÿezi zake zonyansa kuti avomereze ndi kupitiriza zizoloÿezi zake? Lolani makolo poyamba alere mwana wathanzi mogwirizana ndi malamulo a m'chilengedwe ndiyeno, akadzakula, asiye njira yake ya m'tsogolo mwa kufuna kwake, monga momwe amachitira ndi zoipa zina zonse.

Pambuyo powerenga mizere iyi palibe kholo lanzeru lomwe lingapeze kulungamitsidwa kuti maulamuliro ena apereka uphungu wosiyana kwambiri. Ngati apitiriza kunyalanyaza mawu a choonadi, ayenera kunyamula thayo la kuwononga thanzi la mwana wake ndi kuwononga tsogolo lake. Munthu ayenera kukhala wopanda chigamulo choyambirira chosinthira zinthu 10,000 ndi ziro, ma cell amoyo ndi maselo akufa, zopangira zonse zomwe zidawonongeka ndi zinthu zachilengedwe.

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Zakudya zopatsa thanzi zosagwirizana ndi chilengedwe, tirigu wophuka ndi mkate woyera, nandolo zobiriwira ndi nyama, ndi zipatso zatsopano za kupanikizana.

Akatswiri a Zamoyo Zam'mimba Ayenera Kutsimikizira Kuti Chilengedwe Chili Nacho

Analakwitsa Kusatipatsa Zakudya mu a Cooked State

Ndikupempha poyera kwa asayansi onse kuti atsimikizire malingaliro anga ndi kuzilengeza ku dziko lonse lapansi, kapena kutsimikizira kuti pamene zakudya zachilengedwe ziwotchedwa pamoto, palibe zotayika zomwe zimachitika m'zigawo zake zopatsa thanzi kapena mphamvu; palibe imfa zimachitika za maselo amoyo masamba ndipo palibe kusintha kumachitika mu malamulo a maatomu. Ayenera kutsimikiziranso kuti popanga michere m'thupi la munthu, okhwima adalakwitsa posatipatsa chakudya "choyeretsedwa", chophika kapena chowotchedwa, kuti ntchito zomwe zimachitika m'mafakitale ndi m'makhitchini. ndi njira zasayansi zomwe cholinga chake ndi kukonza zolakwika za chilengedwe komanso kuti mavitamini opangidwa ndi anthu amakhala ndi zakudya zambiri kuposa mavitamini omwe amapezeka m'chilengedwe. Akalephera, ayenera kuvomereza zolakwa zomvetsa chisoni zomwe zakhala zikuchitika mpaka pano, ndipo, kusiya zakudya zophikidwa kamodzi, ayenera kubisala mu nzeru za chilengedwe chonse ndikusiya kusokoneza kapangidwe ka zakudya zachilengedwe zomwe zimapangidwa ndi chilengedwe cha Dziko lapansi. Aloleni iwo amene amadziona ngati odya nyama adye nyama yawo, ngati angathe, yatsopano ndi yathunthu, monga momwe zilombo zodyera zimachitira, osapha maselo ake kapena kuwononga mwanjira iliyonse.

Tilibe ufulu wosokoneza kukhulupirika kwa zinthu zopangidwa mwachibadwa za thupi la munthu pamene, ndi njira zonse za sayansi zomwe tili nazo, sitingathe kupanga chamoyo chaching'ono kwambiri chokhala ndi selo imodzi; pamene, mothandizidwa ndi zinthu zonse zopatsa thanzi zomwe tikudziwa, sitingathe kudyetsa chamoyo mwachinyengo ndikuchisunga ndi moyo kwa nthawi yayitali; ndi pamene sitidapambane pozindikira gawo limodzi mwa magawo chikwi chimodzi a zinthu zomwe zili m’njere ya chimanga. Ndizowona kuti kafukufuku wochuluka wachitika ndipo kupita patsogolo kwakukulu kwachitika pa kuzindikira kwa zakudya zosiyanasiyana ndipo chifukwa chake pali zakudya zambiri zofunika.

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zapezeka, koma zonse zomwe apezazi sizingakhale zofunikira kwambiri kuposa kupangidwa kwa ma satelayiti ochita kupanga. Kusiyana pakati pa mavitamini ochita kupanga ndi zinthu zopatsa thanzi zomwe zimapanga njere ya chimanga ndizofanana ndi kusiyana pakati pa ma satelayiti opangidwa ndi anthu ndi zinthu zakuthambo zomwe zimapanga dongosolo lathu lonse la galactic. Komabe, asayansi amene amapanga ma satelayiti ochita kupanga, samaganiza kuti angawononge milalang'amba yomwe ilipo n'kuikamo milalang'amba imene yangopangidwa kumene yokha.

Njira yathu yabwino ndiyo kuphunzira mosamala malamulo a chilengedwe kusinthika kwa zamoyo za nyama ndi masamba. Koma, popanda vuto lililonse, tiyenera kusokoneza ntchito ya chilengedwe ndiyeno kuyesa kumanganso ndi thandizo la womvetsa chisoni akupanga gland ndi mavitamini yokumba.

Tikayika chidutswa cha mbatata kapena mafuta mu batala ndikuyamba kuwotcha, timayamba kuwononga kwake kuyambira nthawi yoyamba.
Nthawi yomweyo imayamba kuzizira, kufota, kukhala bulauni kenako kuuma, ndipo ngati tipitiriza kugwira ntchito kwa nthawi yayitali, imayaka ndikusanduka phulusa. Fungo lokoma limenelo lomwe limasangalatsa m'mphuno mwathu ndi fungo la zinthu zofunika kwambiri za zakudya zachilengedwe, zomwe zimaseka mphamvu zathu ndikuzimiririka kukhala mpweya wochepa.

Mawu akuti "kuphika" ndi "kuphika" sayenera kugwiritsidwa ntchito m'lingaliro la kukonza, kumanga ndi kukonza, monga zakhala zikugwiritsidwa ntchito mpaka pano; Ayenera kugwiritsidwa ntchito, m'malo mwake, kuti apereke tanthauzo la kuwononga, kuwononga, kuwotcha, kupha kapena kuwononga, chifukwa ndi ntchitozo timawononga zinthu zamtengo wapatali zomwe zili zofunika kwambiri kwa thupi lathu ndipo potero timachita upandu woopsa kwambiri kwa anthu. .

Mwana Amadana ndi Kukoma kwa Zakudya Zophika, Zomwe Kuwoneka Kukomera Kwa Wokonda Chakudya Chokha, Monganso Opium Amawoneka Wosangalatsa kwa Mankhwala Osokoneza Bongo

Anthu oganiza bwino angaganize kuti kungakhale nkhanza kuwamana ana a chisangalalo chochokera ku kukoma kwa zakudya zophika. Chotero

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anthu ayenera kuzindikira kuti kwenikweni, zakudya zophika sizokoma konse; zimawoneka zokoma kwa omwerekera ndi chakudya, monga momwe opiamu amawonekera kukhala yosangalatsa kwa chidakwa. Mpaka pano palibe amene angatiuze chowonadi chosavuta ichi, chifukwa kuyambira kalekale palibe amene adasiya kumwa zakudya.

Ziwalo za mwana wakhanda zimasinthidwa kuti zikhale ndi zakudya zosaphika zokha. Mwanayo amakonda kwambiri zipatso ndi ndiwo zamasamba zosaphika.
Amadya, mokhutitsidwa kwambiri, mbewu zosaphika, mbatata, nyemba, nandolo, nandolo zobiriwira ndi mphodza, zomwe zimakoma kwambiri kwa iye, koma zimakhala zonyansa kwa munthu wophika.

Mwana wamng'ono samapeza chisangalalo chirichonse kuchokera ku kukoma kwa zakudya zophika; amanyansidwa nazo ndi kuzipewa ndi moyo wake wonse ndipo ali ndi ululu waukulu kuti amameza zakudya zopanda chilengedwe zimenezo. Koma kholo losauka, lopanda nzeru silimvetsetsa izi. Amatsogozedwa ndi kumwerekera kwake kokha ndipo, m'kudera nkhaÿa kwake kudyetsa mwanayo bwino, amapitirizabe kukakamiza zakudya zonyansazo kukhosi kwake kotero kuti amatembenuza mwanayo kukhala chizoloÿezi changwiro, motero kuwononga thanzi lake ndi chisangalalo.

M'zaka zingapo zoyambirira za moyo wake, mwanayo amachita zinthu zoipa kwambiri kulimbana ndi zakudya zopanda chilengedwe. Izi zikuwonekera kuchokera ku matenda ambiri a ana ndi matenda a m'mimba omwe nthawi zambiri ana amavutika nawo, komanso chifukwa cha imfa zambiri za ana. Mwana ndi fakitale yomangidwa kumene, yabwino kwambiri. Sadzadwala ngati timpatsa zomanga thupi kuti zigwire bwino ntchito ya ziwalo zake.

Kukhazikitsidwa kwapadziko lonse kwa raw-veganism ndiyo njira yokhayo yomasulira onse anthu ku themberero la matenda kamodzi kwatha. Kufalitsa zakudya zosaphika kuyenera kuyamba ndi odwala, ana obadwa kumene, anthu opatsidwa mphamvu ndi nzeru zofunikira, ndi makolo oganiza bwino a ana odya zosaphika, omwe adzakakamizika kuchotsa m'nyumba zawo zizindikiro zonse za chakudya chodetsedwa kotero kuti . kuti asaike mayesero m'njira ya ana awo. Nthawi yoyambayi yodziletsa mwakufuna kudya chakudya chophikidwa idzapitirira mpaka tsiku limene akuluakulu a boma adzafika

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maganizo awo, ndipo adzatsimikiza kulengeza kuti kudya kwaiwisi ndi kokakamizidwa, motero kukakamiza chifuniro chanzeru cha chilengedwe pa anthu osadziwa, osaphunzitsidwa. Idzafika nthawi yoti padziko lonse lapansi pakhale zakudya zosaphika. M'tsogolo lodalitsika limenelo, kuphika kudzadziÿika kukhala mlandu.

Vuto loganiziridwalo la kuthetsa chizoloÿezi chophika mwamsanga sichiyenera kukhala chowiringula cha kukana kuipa kochitidwa nako.
Palibe amene amayesa kulungamitsa kuba, umbava ndi kuphana, ngakhale kuti sikunatheke kuthetseratu miliri yowopsya imeneyi m'chitaganya cha anthu.
Mfundo yofunika kwambiri ndi yakuti asayansi avomereze mfundo ndi kulengeza kwa anthu kuti ntchito yophika zakudya ndi yolakwika, si yachibadwa komanso yoopsa, komanso kuti ndizomwe zimayambitsa matenda. Funso lachiwiri la kuika kudya kosaphika muzochitika zenizeni likhoza kusiyidwa ku zochitika zotsatila.

Kudya zakudya zophikidwa motsatizana zabala chizolowezi chazakudya, matenda, sayansi ya zamankhwala ndi zamankhwala. Cholinga chachikulu cha sayansi ya zamankhwala ndikukonza ndi kukonzanso ziwalo zamunthu zomwe zidasokonekera komanso zopindika. M'malo mwa sayansi ya zamankhwala, wodya yaiwisi ali ndi sayansi kapena thanzi lake, cholinga chake ndi kuteteza kuwonongeka kwatchulidwa pamwambapa ndikuonetsetsa kuti moyo wathanzi, wokondwa, wautali ndi wamtendere kwa mibadwo yamakono ndi yamtsogolo. Matenda onse amayamba chifukwa cha kuphwanya malamulo a chilengedwe. Kudya zosaphika kumakakamiza anthu kulemekeza malamulowo.

Mchitidwe Wodyera Zauwisi M'banja Langa

Mfundo yakuti ndili ndi zaka 60 ndikutha kulemba mizere iyi ndi chifukwa yaiwisi kudya. Zaka zisanu ndi ziwiri kapena zisanu ndi zitatu zapitazo mtima wanga unali mumkhalidwe woipa kwambiri kotero kuti sitiroko ya mtima inkaoneka ngati yosapeÿeka. Ndinkakonda kukwera masitepe ochepa; Ndinalibe mphamvu zokwanira zonyamula chidebe chamadzi. Kudzimbidwa, kusadya bwino, kutentha pamtima, kusowa tulo, kupweteka kwa mutu, milu, gout, sclerosis, kuthamanga kwa magazi, tachycardia, matenda a bronchitis, zotupa komanso chimfine nthawi zambiri zakhala zikuyenda m'moyo wanga kalekale. Chifukwa cha kudya zosaphika ndathetsa matenda onsewa. Ndatsitsa kuthamanga kwa magazi kuyambira 18-20 mpaka 13, komanso kugunda kwanga kuchokera 80-90 mpaka 58-60. Popanda chizindikiro cha kutopa,

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Nditha kuyenda kupita ku Tajrish ndi kubwerera (mtunda wa makilomita 24) m'maola anayi, kukwera mapiri ngati mbuzi, kukweza masutikesi olemera m'makwerero ndipo ndikakhala ndi nthawi ndimayenda mtunda wa makilomita 12 ngati chizolowezi chatsiku ndi tsiku. Ine, amene nthawi ina ankadwala matenda a bronchitis aakulu ndipo ndinagonekedwa ndi chimfine kangapo pachaka monga choncho, sindinakhalepo ndi chimfine m'zaka zingapo zapitazi ndipo ndakhala ndikugona panja chaka chonse. chisanu ndi chirimwe, popanda kuopa kuzizira kapena tizilombo toyambitsa matenda.

Zaka zapitazo, ndinadwala matenda a gout moti sindinkatha kuwagwira mfundo za chala changa chachikulu chakuphazi; lero ndikhoza kuzipotoza ndi mphamvu zanga zonse popanda chizindikiro cha ululu. Kodi ndi kuti padziko lapansi zotulukapo zofananazo zapezedwa mwa atophan, ACTH, digitalis, bromides, ayodini, aspirin, maantibayotiki ndi zikwi za mankhwala ena?

Mtima umene umagwira ntchito mothamanga 58 mphindi imodzi ukhoza kuyembekezera molimba mtima kugwira ntchito kwa zaka zambiri popanda kukhala pangozi ya sitiroko. Pansi yophika-kudya zinthu monga kugwa mu kugunda kwa mlingo kumachitika kokha pamene mtima wofooka, koma ine ndi masoka chifukwa cha kukhazikika mu ntchito yanga m'mimba ziwalo.

Ndizofunikira kwambiri kuti ndikayesa kudzaza m'mimba mwanga ndi kuchuluka kwazakudya zachilengedwe kangapo, sizikhala m'mimba kwa nthawi yayitali, koma zimalowa m'matumbo nthawi yomweyo ndikuchoka m'thupi maola angapo, osadutsa. kuwola kulikonse komanso popanda kubweretsa vuto la m'mimba kapena kundipangitsa kusapeza bwino kulikonse. Pansi pazimenezi, kugunda kwanga kumawonjezeka ndi kugunda kosaposa kanayi kapena kasanu mphindi imodzi, pamene ndikuyesera "kukhutitsa" ndi chakudya chophika ngati "munthu wamba," mtima wanga umagunda nthawi yomweyo mpaka 85-90. ndipo zimatengera masiku kuti m'mimba mwanga muyambenso kumva kupepuka kwake.

Pamodzi ndi ineyo, ndikulera mwana wanga wachitatu monga wodya zosaphika. Ali kale kamwana kakang'ono ka zaka zisanu ndi ziÿiri, koma sanaikepo kam'kamwa kake kachakudya kakang'ono. Thanzi lake ndi

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chiwonetsero cha ungwiro. Panopa ndikuona kusiyana kwakukulu pakati pa ana odya zosaphika ndi ana odya zophika. Nkosavuta kulera ana odya zosaphika zana kuposa mwana mmodzi yekha wophika. Munthu sakhala ndi mpata wodera nkhaŷa ndi matenda a ana monga kuzizira ndi chimfine, kutsegula m'mimba ndi kudzimbidwa, kapena vuto la kudya kwambiri kapena pang'ono kwa mwanayo. Ndiwosangalala ngati lark ndipo nthawi iliyonse akafuna amapita patebulo ndikukathandiza chilichonse chomwe amakonda kudya.

Amasewera, kuyimba ndi kuvina tsiku lonse popanda kulakalaka kapena kukomoka, popanda kulira, popanda kubweretsa vuto kwa omwe ali pafupi naye.

Amapita kukagona ndendende 8 koloko madzulo ndipo, atatha kudziyimba yekha kwa mphindi zingapo, amatseka maso ake ndikugona ngati pamwamba mpaka 6 koloko m'mawa. Komanso, n'chochititsa chidwi kwambiri kuti pakatha miyezi ingapo yoyambirira timatha kukumbukira maulendo atatu kapena anayi okha pamene anadzuka usiku.
Kugona kwake n'kwakuya kwambiri moti palibe phokoso kapena kuyenda kumene kumamuchititsa kudzuka.

Ana ena a m'sukulu ya m'kalasi ya m'kalasi akakhala patebulo la chakudya cham'mawa kuti adye buledi ndi tchizi, buledi ndi batala, makeke, ndi zina zotero, iye amatulutsa thumba lake la zipatso limene watenga kunyumba n'kumasangalala nalo mwakachetechete. Tikakhala paulendo wocheza ndi abwenzi, amangoyang'ana mopanda chidwi ndi matebulo odzaza tiyi omwe anthu amakhala ndi "kusangalala" ndi mitundu yonse ya makeke ndi maswiti. Sananene kuti akufuna kulawa chilichonse mwa zinthuzo, ngakhale chifukwa chongofuna kudziwa. Ndi motere kuti ana onse odya zosaphika aleredwe.

Mkazi wanga, amene sindinakakamizepo maganizo anga pang'onopang'ono kusintha kadyedwe kake ka zakudya chifukwa cha mwana wake ndi thanzi lake, tsopano wakhala wosadya kwambiri ndipo amakhutira ndi matenda ake. Poyamba, anasiyiratu nyama ndiyeno n'kuchepetsa mbale zophikidwa zopanda nyama kukhala chimodzi kapena ziwiri pamlungu. Pamene mwanayo akukula pang'ono, izi zinasinthidwa ndi mbatata zophika zochepa zomwe zimatengedwa nthawi ndi nthawi. Potsirizira pake, iwonso anataya mtima pamene tsiku lina mwanayo anafunsa, "Kodi fungo loipali likuchokera chiyani, Amayi?" Kenako anatenga kagawo kakang'ono ka buledi kamene nthawi zina ankadya ndi mtedza, mwanayo sanamuone.

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choncho, kuti asale zakudya zonse zophikidwa. Ndipo zonsezi zinatheka popanda vuto lalikulu, pamene chigamulocho chinapangidwa moona mtima. Pamene m'nyumba mulibe fungo la chakudya chophikidwa, kudya kosaphika kumakhala chinthu chophweka. Iyi ndiyo njira imene iyenera kutsatiridwa ndi makolo onse amene amalemekeza thanzi lawo ndi kukonda ana awo.

Zizolowezi Zonse Zoipa za munthu ndi Zotsatira za Kuphika Kudya

Kudya zosaphika kungathamangitse m'bwalo zoyipa zina zonse monga uchidakwa, kusuta fodya, kumwerekera ndi mankhwala osokoneza bongo. Zosokoneza bongo sizingatsagananso ndi kudya kosaphika. Zoyipa izi ndi ma satellites a chizoloŷezi chazakudya.

Mwa chilakiko cha kudya zosaphika, mtendere wosatha udzakhazikitsidwa pomalizira pake padziko lapansi ndi pakati pa mitundu. Zolakwa zonse, udani, udani, kudzikuza, nsanje komanso, makamaka, zizolowezi zonse zoipa za munthu ndizo mbadwa za kudya kophika. Pothetsa kudya zophikidwa zilakolako za amuna zidzakhazikika, malingaliro awo adzakhala olemekezeka ndipo moyo udzakhala wosavuta kotero kuti amuna sadzakhalanso okakamizika kung'amba thupi la wina ndi mzake kapena kugulitsa chikumbumtima chawo kuti awononge chakudya.

Lingaliro la Zakudya Ziyenera Kukhala Zochepa Kwa Kusintha kwa Chakudya Chachirengedwe ndi Chachilengedwe Njira Yodyetsera

Kudya zosaphika ndi njira yokhayo yopulumutsira anthu ku matenda. Miyezo ya theka sinaperekepo ndipo sichidzapereka zotsatira. Pansi pano zinthu zophika-kudya zonse zovomerezeka zowerengera za zakudya zopatsa thanzi zazakudya zapadera ziyenera kuonedwa ngati zopanda pake. Ziribe kanthu kuti matenda ndi otani, pamene funso la zakudya likukambidwa tiyenera kuganiza molingana ndi zaiwisi ndi zophika, zachilengedwe ndi zosagwirizana, zoyera ndi zowonongeka. Malingaliro omwe amaperekedwa tsiku lililonse pawailesi, m'manyuzipepala ndi m'njira zina zosiyanasiyana pakugwiritsa ntchito mavitamini, mamineral ndi mapuloteni, ndi chidziwitso choperekedwa pazakudya zawo zama calorie, ndizokwanira.

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zosatheka, zopanda phindu komanso zowopsa, makamaka ngati zimachokera ku kugwiritsa ntchito mankhwala osokoneza bongo ndi zakudya zanyama.

Poganizira za mphamvu za zinthu zomanga thupi, sitiyenera kuda nkhawa kuti ndi mavitamini ati kapena zigawo zina zomwe zili muzakudya zinazake. Ndi kupezeka kosasunthika kwa zigawo zonse zosiyanasiyana pakamwa pa chakudya chilichonse chomwe chiyenera kukhala chokakamiza. Chifukwa chake, tiyenera kusamala kuti palibe chilichonse mwazinthu zomwe zikusowa pazakudya zomwe timadya. Izi zili choncho tikamadya zakudya zamasamba zosaphika zilizonse, pomwe muzakudya zophikidwa sizikhala masauzande ambiri.

Kwa zaka zambiri, akatswiri masauzande ambiri apanga dietetics kuphunzira kwawo. Koma popeza asamalira mavuto aÿiri okha ndipo sanaganizire za kuwonongeka kwa moto wa m'khitchini, kufufuza kwawo kwalephera kutulutsa zotulukapo zofunidwa ndipo, choipitsitsa koposa, chifukwa cha kutsutsana kwawo kochuluka, iwo akhala atsoka kwa anthu. . Ngakhale odyetsera zamasamba, amene angaonedwe kukhala opita patsogolo kwambiri pakati pawo, sanangolekerera kuwonongeka kochitidwa ndi moto, koma apiriranso kugwiritsiridwa ntchito kwa mkate woyera ndi shuga woyengedwa bwino, amene alibe zigawo zonse zamtengo wapatali. Komabe, tiyenera kuvomereza kuti pogonjetsa zizolowezi za anthu, odya zamasamba adutsa njira yotsetsereka kwambiri. Kusuntha kovuta kwambiri ndiko kudziletsa ku nyama, pambuyo pake m'malo mwa zakudya zopanda nyama ndi zakudya zosaphika ndi gawo laling'ono chabe, ngakhale kuti ndi sitepe yaing'ono iyi yomwe ayenera kukwaniritsa cholinga chawo chomaliza. Chifukwa chake, kuyenera kuyembekezera kuti odya zamasamba amitundu yonse yamalingaliro adzavomereza mfundo za kudya zosaphika ndipo adzasonkhanitsa pamodzi pansi pa mbendera imodzimodziyo, kuti akhazikitse maziko a moyo wachimwemwe umenewo umene wakhala loto la anthu nthaÿi zonse.

Monga katswiri wa dietetics, mbiri yabwino yapambana ku America ndi G. Hauser. Koma ngakhale Hauser, yemwe akupita patsogolo poyerekeza ndi akatswiri ena azakudya, samaganizira za kuvulaza komwe kumachitika pophika ndipo amayesa kubwezeretsa kuwonongeka komwe kumachitika kukhitchini pogwiritsa ntchito mankhwala. Tiyeni tiyerekeze kwa kanthawi kuti malangizo ake

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zitha kukhala zothandiza. Koma ali kuti wogwira ntchito, wogwira ntchito pafamu kapena munthu wamba mumsewu kuti apeze chindapusa cha madola chikwi chomwe ayenera kulipira kuti apeze chidziwitso cha kuchuluka kwa molasses wakuda m'mawa, yisiti yochuluka bwanji madzulo. , kapena ndi mayunitsi masauzande angati a vitamini amene ayenera kumeza tsiku lililonse?

Iyi si njira yoyenera. Ndikofunikira kudziwa zonse dziko mokwanira monga n'kotheka ndi zofunika zopangira m'thupi la munthu, kusintha kwambiri panopa zakudya zizolowezi ndi kusiya malangizo a yeniyeni zakudya ndi munthu mavitamini.

Asayansi amadziÿa kuti palibe munthu amene amangodya buledi, mpunga wopukutidwa kapena nyama amene angakhale ndi moyo wautali. Koma munthu wamba sadziwa zimenezi. Malingaliro ake, zakudyazo zimapatsa thanzi labwino kwambiri. Kodi tingatsimikize motani kuti pansi pa mphamvu ya mikhalidwe kapena mwa chitsenderezo cha umphaÿi munthu sadzadzidyetsa yekha ndi ana ake zakudya zimenezo mopusa ndipo sadzadziwononga yekha? Ngakhale wasayansi wotchuka kwambiri, wozoloÿerana ndi nkhani yonseyo, sangakane kusonkhezera umbombo wake ndipo amadya zochuluka za zinthu zotembereredwazo mwakuti amadzipha pang'onopang'ono koma motsimikizirika, ndi kudzipha posachedwapa mwa khansa kapena matenda a mtima. Sikokwanira, kotero, kungofalitsa malingaliro ameneÿa m'mabuku; m'pofunika kulimbikitsa ziwalo zoyenera za boma kuti akhazikitse zosintha, anakonza zosintha mu kadyedwe kadyedwe anthu. Njira zolimbikitsira ziyenera kuchitidwa kuti pang'onopang'ono kuchepetsa kuwononga kwakukulu kwa zakudya komanso kulimbikitsa kudya zakudya zosaphika komanso zosadetsedwa. Cholinga chomaliza cha zakudya zamtundu uliwonse ndi kudya zosaphika, pamene liwu loti “chakudya” litaya tanthauzo lake n'kupereka m'malo mwa mawu akuti NATURAL NUTRITION kapena THE INTEGRAL RAW MATERIALS FOR HUMAN FACTORY.

Kugwiritsa Ntchito Mavitamini Opanga Ndi Maminolo Ayenera Kukhala

Ayima

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Unyinji wocheperako wa zopatsa thanzi m'zakudya zachilengedwe zimasiyana kwambiri, m'lingaliro lakuti motsutsana ndi milligram imodzi ya gawo limodzi pangakhale chikwi chimodzi cha milligram imodzi yachigawo chimodzi ndi gawo limodzi la milioni la milligram ya gawo limodzi mwa magawo atatu. Koma gawo lolemera gawo limodzi mwa magawo miliyoni a milligram ndi lofunikanso ku fakitale ya anthu monga momwe amalemera milligram imodzi. Tsopano, pa kuphika ndi ndendende amene constituents amene alipo ang'onoang'ono kuda okha amene anawononged wa poyamba.

Wina angadabwe kuti n’chifukwa chiyani fakitale ya anthu imasiya kugwira ntchito nthawi imodzi yokhala ndi zinthu zosokonekera ngati zimenezi, koma imapitirizabe kugwira ntchito kwa nthawi yaitali, ndipo zimenezi zimachititsa anthu kuganiza molakwika kuti chilichonse chimene chimawakhutitsa n’chakuti chikhale chopatsa thanzi. .

Zoona zake n’zakuti thupi la munthu si wamba fakitale. Ndi dziko lalikulu lomwe lili ndi mamiliyadi okhalamo, mafakitale osawerengeka, mabungwe osiyanasiyana, machitidwe, masitolo, nkhokwe, ndi zina zotero. Ngakhale sichipeza zakudya zilizonse, imatha kukhalabe yamoyo mpaka masiku 70 kapena kupitilira apo popempha kuti igwiritse ntchito zomwe yasungidwa.

Pambuyo polowa m'thupi, zakudyazo zimagawidwa m'thupi lonse la munthu ndi magazi ndipo selo lililonse limalandira zinthu zomwe zimagwirizana ndi kapangidwe kake komanso kapadera. Koma maselo a tiziwalo timene timatulutsa timadzi tambirimbiri ndi ziÿalo sizitenga kalikonse kuchokera ku zigawo zochepa zonyozeka zomwe zimapezeka m’zakudya zophikidwa m’mitundu ing’onoing’ono yotere monga momwe tingaÿerengere pa zala za munthu. Amadikirabe, ali ndi njala ndi umphawi, mpaka mbuye wawo atayamba kutambasula zala zake kuti athandize chidutswa cha anyezi, masamba obiriwira kapena zipatso.

Munthu samamva njala ya maselo aliwonse monga, mosasamala kanthu za njala yaikulu ya glandular ndi organic maselo, mimba yake ndi yodzaza, kuledzera kwake kumakhutitsidwa, iye mwini amakhutira. Koma zochulukirachulukira ndi maselo opanda pake, aulesi komanso osagwira ntchito, omwe mwadyera amadya "zomangira zolimba" zomwe zimagwirizana.

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ku mapangidwe awo ndi "kulimbikitsa ndi kulimbikitsa" thupi mwa kuwonjezera kuchuluka kwake.

Ichi ndichifukwa chake ndi ma kilogalamu 50-60 a maselo ochulukirapo, opanda pake, omwe amatchedwa wathanzi, wolimba komanso wamphamvu alibe magalamu mazana angapo a maselo apadera, omwe amodzi kapena ena mwa tiziwalo timene timagwira ntchito nthawi zonse. ndi kupanga zinthu zopanda vuto. Malingana ngati glands ndi ziwalo sizinachotsedwe zotsalira zomaliza za maselo ogwira ntchito, munthu amatha kukoka kukhalapo kwake mwanjira ina; koma zikatha, imfa imakhala yosapeweka.
Ndiyeno munthu “wokhuta,” “wolimba” ndi “wamphamvu” amafa chifukwa cha njala ya minyewa yake ndi ziwalo zake. Mwachitsanzo, ma cell a mtima amataya mphamvu zofunikira komanso kukhazikika popanga kugundana koyenera. Mtima ndiye umayesa kupulumutsa mkhalidwewo mwa kuwonjezera chiwerengero cha maselo ake, chifukwa chake umakulitsidwa ndi maselo opangidwa kuchokera ku mapuloteni a nyama ndi mkate woyera. - Koma izi sizothandiza, chifukwa maselowa alibe mphamvu yogwira ntchito iliyonse yothandiza ndipo sizitenga nthawi kuti chiwalocho chisiye kugunda palimodzi.

Sitikudziwa motsimikiza, ndi magawo angati omwe amapitako kupanga njere ya tirigu kapena masamba ena aliwonse. Tiyeni titenge nambala yongoyerekeza, pafupifupi 10,000. Ndi malamulo oyambira achilengedwe tiyenera kuganiza kuti zida zopangira fakitale ya anthu zimapangidwa ndi zinthu zosiyanasiyana 10,000, ndipo popereka zinthuzo ndikofunikira kusamala kuti chimodzi kapena zina mwazomwe sizili. palibe.

Ili ndilo dongosolo lachilengedwe kwambiri lowonetsetsa kuti fakitale yaumunthu ikugwira ntchito bwino.

Tsopano tiyeni tiwone momwe topsy-turvy the dietetics of this cooked-kudya zaka ndi. Amuna amanyamula chiwonongeko chochuluka cha zinthu zofunikazi ndikudyetsa matupi awo ndi mitundu yochepa chabe ya zigawo zawo.

Patatha zaka zambiri akufufuza mozama akatswiri asayansi apeza kuti pali mitundu 1015 yokha ya zinthu mu tchizi, batala, chiwindi kapena ubongo. Mmodzi akadayembekezera kuti avomereze kuti chifukwa cha ntchito yawo yayitali adapeza kuti zakudya zotere ndi 10-15 zokha.

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mitundu ya zinthu zowononge ka, zosalinganizika, zokhala ndi poizoni, zowononge ka ndi zakufa, ndi zomwe zimapanga zinthu zathu zopangira, mitundu ya 9990 palibe ndipo, chifukwa chake, zakudyazo ndizochepa, zovulaza komanso zowopsa kotero kuti kugwiritsidwa ntchito kwawo ngati zakudya kuyenera kukhala koyenera. zolimbikitsidwa ndi aliyense. Koma m'malo mwake, amatchula dzina limodzi ndi limodzi lazinthu zonse zomwe apeza muzakudyazo, amafotokozera mwatsatanetsatane ntchito zawo muzakudya ndipo, atatha kutchula katundu wawo, amawalimbikitsa ngati zakudya "zopindulitsa". Palibe mawu omwe amatchulapo za kusakhalapo kwa zikwizikwi za zinthu zopatsa thanzi, komanso samalankhula za gawo lawo pazakudya kapena zotsatira zoyipa zomwe nthawi zonse zimatsatira kusakhalapo kwawo.
Komabe, malingaliro awa ndi mbali zofunika kwambiri za funsoli.

Ziyenera kukumbukiridwa kuti mitundu yambiri ya ntchito za yaiwisi Zakudya zomwe zili m'thupi zomwe ngakhale mwa chozizwitsa china munthu angazidziwe zonse, moyo wonse sungakhale wokwanira kulongosola kwawo. Tiyenera kuwona ngati limodzi mwamalamulo oyambira azakudya kuti palibe chopatsa thanzi chomwe chingathe kukwaniritsa cholinga chake ngati chitengedwa chokha, kupatula chonse.

Pamene wina amanena ngakhale wasayansi wotchuka kwambiri kuti alipo palibe mavitamini aliwonse mu mkate woyera umene amadya, amayankha, popanda kukayikira, kuti amadyanso zakudya zomwe zili ndi mavitamini Ndi zifukwa zofanana womanga njerwa akhoza kuyala njerwa zake tsiku lonse ndikukweza khoma lake popanda matope, ndiyeno. tsutsani kuti nthawi zina amagwiritsanso ntchito matope. Umenewu ndi ukhungu umene umabwera chifukwa cha chizolowezi chodya zakudya.

Kodi mkate woyera ndi chiyani ngati siwowuma, shuga, mafuta, mapuloteni ndi mitundu yambiri ya mchere wakufa - mwa kuyankhula kwina, phulusa lopanda moyo la ochepa mwa zigawo 10,000 zomwe zimapanga zopangira zathu? Kodi shuga woyengedwa ndi chiyani ngati si imodzi mwa 10,000 pamwambapa? Kodi nyama ndi chiyani ngati siikhala ndi mapuloteni okhala ndi poizoni ndi zina zomwe zawononge ka pang'ono? Komabe, munthu amadzaza mimba yake mpaka m’mphepete ndi zinthu zochepa zimenezi ndi kulanda ziwalo zake zikwi zambiri za zakudya zofunikadi. Ponena za matenda omwe amayamba chifukwa cha ziwalo zake, wina angaya

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lingaliro lina mwa kuchezera zipatala kapena kupenda zithunzithunzi za m'mabuku a zamankhwala. Kodi kupindika koopsa kotereku, zilonda ndi zilonda zingayambike bwanji, ngati sichoncho chifukwa cha kusakhalapo kwa zakudya zopatsa thanzi?

Ngakhale asayansi mpaka pano apeza mitundu 40-50 yokha mwa masauzande ambiri azinthu zopatsa thanzi, gawo lalikulu la mabuku azachipatala limaperekedwa kufotokoza zotsatira za zinthuzo, zomwe zimapanganso maziko azinthu zambiri zamankhwala. Kuphatikiza apo, makampani ambiri azamalonda afalikira padziko lonse lapansi kuti apange ndi kugawa zinthuzo.

Titha kuyerekeza momwe zinthu zidzakhalire ngati, m'malo mwa zigawo 40 mpaka 50, asayansi ochita kafukufuku adzakwanitsa tsiku lina kupeza 400 kapena 500, osanenapo za mitundu 4,000 kapena 5,000 ya zinthu. Mwamuna wamasiku ano akuwoneka kuti wataya kukhulupirika kwa zopangira zenizeni zofunika pa thupi lake; mwina alibe nthawi yomweyo kapena amaona kuti n'zosatheka kuwapeza. Choncho ayenera kuyang'ana m'mbali zonse kuti awapeze mmodzimmodzi kuti akwaniritse zosowa za thupi lake. Asayansi ochita kafukufuku amawona kuti ndi zasayansi zinthu zokhazo zomwe zimadziwika kwa iwo ndipo zimasindikizidwa m'mabuku. Popeza sadziwa zonse zomwe zili mu njere ya tirigu, sawona chilichonse cha sayansi mmenemo. Ndi chinthu "chodziwika" chomwe chimapezeka mosavuta, chochuluka paliponse ndipo chimadziwika kwa aliyense. Koma zimakhala zosiyana kwambiri akapeza kaphatikizidwe katsopano kopatsa thanzi ndikupeza kaphatikizidwe kake. Izo ndiye zimakhala zasayansi; kutulukira kwake kumatamandidwa monga chipambano chachikulu pazamankhwala ndipo, kuwonjezera apo, kumadzetsa changu chatsopano ndi changu m'mafakitale, ma pharmacies ndi zipatala. Ndipo zonsezi ndi chifukwa chakuti munthu safuna kusiya mkate wake woyera.

Zivute zitani, anthu ayenera kuvomereza kuti njira yokhayo yothetsera matenda ndiyo kuletsa mosamalitsa ndi kuletsa kuwononga kochuluka kwa zakudya zathu.

Kuti izi zitheke, mabungwe omwe ali ndi udindo ayenera kulengeza kwambiri ndipo akuyenera kuchitapo kanthu kuti apewe kuwonongeka kwakukulu kwa

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zopatsa thanzi. Ayenera kupeza zakudya zamitundumitundu kuchokera ku zakudya zosaphika ndikuzipereka kwa anthu, omwe zakudya zawo zimasintha pang'onopang'ono. Motero, matenda amene tsopano akuvutitsa anthu adzatheratu pang'onopang'ono ndipo chuma chambiri chidzayambukiridwa ndi kukwera mtengo kwa moyo wathu.

Tisanadye zosaphika, banja lathu linkadya kilogalamu imodzi ya mkate tsiku lililonse, pamene kilogalamu imodzi ya tirigu imakhala masiku asanu ndi atatu mpaka 10. Pazakudya za mkate woyera ndiyenera kukhala nditafa kale, koma chifukwa cha tirigu wopatsa moyo womwe ndikukhalabe ndi moyo, ndipo ndikutsimikiza kuti ndidzakhala ndi moyo kwa zaka zina 40-50.

Kuyerekeza Pakati pa Thanzi la Raw-Eating ndi Ana Ophika-Odya Ndi Njira Yabwino Kwambiri Yotsimikizira Kuopsa Kwa Kudya Zakudya Zophika

Mfundozi ziyenera kutsatiridwa poyamba m'nyumba zosungira ana masana, m'nyumba za ana, m'zipatala ndi m'malo odyera, ndipo ziyenera kutchuka ndi kulengeza kwa anthu onse. Ndi mfundo zomveka bwino komanso zosatsutsika monga momwe ndafotokozera, tikuyembekezera kuti asayansi ozindikira bwino adzayamba kugwira ntchito nthawi yomweyo. Koma ngati akufuna kukhala ndi umboni wina wotsimikizika, ndikupangira mayeso otsatirawa. Lolani ana akhanda m'nyumba imodzi ya ana agawidwe m'magulu awiri ofanana, omwe ayenera kudyetsedwa ndi njira zamakono zachipatala, winayo aleredwe ndi mfundo za zakudya zosaphika. Kenako thanzi la magulu awiriwa lifanane ndi wina ndi mzake. Sindikukayika ngakhale pang'ono kuti kuyambira pachiyambi zidzakhala zomveka kwa dziko lonse lapansi kuti ndi chiyani mwa machitidwe awiriwa), zakudya ndizowona zasayansi komanso zothandiza anthu. Zotsatira zomwezo zitha kupezeka mwa kusintha njira yochizira odwala kuchipatala.

Anthu ambiri opanda nzeru angatsutse mayeserowo ponena kuti ndi uchimo kapena wovulaza kuchita “zoyesa” zoterozo kwa ana.
Komabe, ngati anthu oterowo alingalira mozama pang’ono, adzawona kuti sikuli kuyesa kutetezera moyo ndi thanzi la mwana mwa kum’patsa chakudya chokwanira cha zakudya zopatsa thanzi.

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mwachilengedwe kwa chamoyo cha munthu. Kuyesera kwenikweni ndi mayeso ankhanza aja amene amachitidwa monyengerera sayansi ndi mitundu ingapo ya zinthu zopangira zomwe sizinadziwikebe m'labotale, chifukwa cha zimene ana mamiliyoni ambiri amasiya moyo ali akhanda, n'kusiya makolo awo ali ndi chisoni. chisoni. Kuyesera ndi maopaleshoni omwe amasewera ndi thanzi la anthu ndi zakudya 1,001 zomwe zawononge ka ndi poizoni ndikupanga matenda atsopano. Matendawa amatchulidwa modabwitsa kuti ndi matenda a chitukuko, popanda manyazi pang'ono pa "chitukuko" choterechi ndipo popanda kusonyeza kuti mikhalidwe yomwe inabala matenda oterowo akhoza kutchedwa umbuli, nkhanza kapena zankhanza, koma osati chitukuko.

Mabungwe a Sayansi ndi Maboma Otsogolera Ayenera Yang'anani Vuto la Kudya Yaiwisi Popanda Zina

Kuchedwa

Ndapereka malingaliro okhwima komanso nthawi yomweyo njira yosavuta komanso yachilengedwe yomwe anthu adzamasulidwa ku matenda aliwonse padziko lapansi. Iyi ndi nkhani yofunika kwambiri yomwe asayansi onse, madotolo, aluntha komanso mabungwe aboma omwe ali ndi udindo ayenera kuyisamalira mwachangu. Ayenera kutsimikizira poyera kuti ndikulakwitsa m'malingaliro anga ndikuwatsutsa poyesera zoyambira, kapena atsimikizire chowonadi chawo ndikutenga njira zofunikira kuti agwiritse ntchito. Makamaka, ngati madokotala asonyeza kuti alibe chidwi kapena kukhala chete, akhoza kuganiziridwa ndi anthu onse kuti ndi osafuna kuteteza matenda, kuti munda wawo kapena ntchito yawo isachepetse. Inemwini, sindimakhulupirira kuti izi ndi zoona, chifukwa ndi anthu ochepa omwe angakhale ankhanza kwambiri; koma madokotala ayenera kupereka umboni wotsimikizirika wakuti ali ndi cholinga chapamwamba ndi chapamwamba kuposa kupanga ndalama, ndi kuti cholinga chawo, kwenikweni, ndicho kutumikira sayansi, kutumikira anthu.

Madokotala olemekezeka, okonda anthu komanso okonda anthu amakwaniritsa cholinga chawo mwa kuvomereza kudya zosaphika, pamene madokotala opanda umunthu, odzikonda ndi osirira amawona mmenemo kutaya kwawo. Vuto lomwe akuti lasintha miyambo yozika mizu lingakhale chowiringula chopepuka

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kubisa zofuna zawo mwaukali za anthu oipa. Kupezeka kwa kudya zosaphika ndi mwayi wabwino kwambiri wosiyanitsa olemekezeka ndi onyozeka, abwino ndi oipa, anzeru ndi opanda nzeru.

Palibe ntchito yothandiza kwambiri yothandiza anthu kuposa kufalitsa zakudya zosaphika. Ndikofunikira kudzutsa anthu onse ku kugona kwake kwazaka mazana ambiri, kutsegula maso ake, kuigwedeza kuti ichoke ku ulesi wake ndikumasula ku maloto ake amasiku ano. Olemera ayenera kupereka ndalama zawo pachifukwa ichi; anzeru ubongo wawo. Ndikofunikira kupanga magulu, kukhazikitsa makalabu, kufalitsa manyuzipepala ndi kusindikiza mabuku. Kuphatikiza apo, ndikofunikira kumanga chipatala chachikulu chokhala ndi zida zonse zopumira, zosangalatsa ndi masewera, komanso "m'ndende" ya miyezi ingapo kuchiritsa, kutsitsimuka, kumasuka ku tsankho lowononga, komanso kuthandiza ndi kuwunikira anthuwo. omwe alibe chidziwitso chofunikira komanso mphamvu. Ndizothandiza komanso zofunika kwambiri kugwiritsa ntchito ndalama ndi mphamvu pazifukwa izi kuposa kumanga nyumba zopanda ntchito zomwe sitikuzifuna monga mipingo kapena masukulu ndi zipatala. Kudya zosaphika ndi mwala woyesera womwe tingatsimikizire kuti ndi nzeru ziti zomwe zilidi ndi nzeru zopanda malire, kapena munthu amene alidi ndi chidwi ndi thanzi ndi moyo wa anthu. Ndi mu zilembo za golidi kuti mbiri idzalemba mayina a anthu oterowo.

Kulankhula Zoonadi Si Tchimo

Anthu ena amandinena kuti ndili ndi lilime lakuthwa. Ndikatcha odya ophika, akupha, achifwamba ndi zigawenga, sindikunena; Ndikungonena zoona, zowawa momwe choonadicho chingakhalire.
Pamene mayi adzaza m’kamwa mwa mwana wake wokondedwa ndi chakudya chotentha ndi manja ake osamala, amawononga ziwalo za mwana wakeyo ndi kum’tsogolera ku matenda ndi imfa. Pamene dokotala akukonzekera zakudya "zopatsa thanzi" ndi "zosavuta digestible" chakudya ana aang'ono ndi

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amapereka mapiritsi a yokumba mavitamini pa ndalama za masamba ndi zipatso, iye amachita cholakwa chachikulu.

Tsiku lililonse ndimayang'ana momwe, modabwitsa zamtsogolo, ofooka ndi odwala amawona kuti amachiritsa zinthu zomwe zayambitsa matenda awo, ndikuzidya mwadyera, pomwe, m'malo mwake, amazipewa ndi mantha okhawo. zinthu (zamasamba ndi zipatso zaiwisi) zomwe zingawabwezeretse ku thanzi, chifukwa amawona kuti ndizo zimayambitsa mavuto awo. Miyoyo miyandamiyanda imaperekedwa nsembe chifukwa cha lingaliro lolakwika lakupha limeneli. Munthu amene amalowa mu kuya kwathunthu kwa tsokalo sangakhale wozizira komanso wosayanjanitsika.

Palibe Chotchinga Mwalamulo Chilipo Polimbana ndi Kuwonongeka kwa Zida Zopangira Zopangira Fakitale ya Anthu

Pamene chilema pang'ono afika kuwala mu muyezo woyenera wa Zopangira zoperekedwa kumakampani akugawo, anthu omwe ali ndi udindo akuimbidwa mlandu wosasamala ndikuweruzidwa, pomwe iwo omwe amachita chigololo choyipa kwambiri pakupanga zinthu zofunika kuti fakitale ya anthu igwire bwino ntchito nthawi zambiri amakhala opanda vuto. M'zaka zamasiku ano za kupita patsogolo kwa sayansi, munthu wosadziwa komanso wopusa kwambiri ali ndi ufulu wonse wofunafuna njira zatsopano zowonongera zakudya zachilengedwe, ndikuphatikiza ndikupereka kugulitsa zakudya zopanda pake. Koma chodabwitsa kwambiri ndi chakuti wasayansi wamkulu, katswiri wamkulu wa cytologist, yemwe wapereka moyo wake pakuphunzira za ntchito zamoyo za maselo amoyo, kapena katswiri wa zakudya, yemwe cholinga chake chachikulu m'moyo wake ndikugwira ntchito. chakudya choyenera kwa munthu, amagula mulu wa zinthu zonyozeka zoterezo ndikuzipereka ku maselo ake, mosasamala komanso mosasamala, motsogozedwa ndi zomwe mkamwa mwake mokha.

Poyamba zimaoneka zosakhulupilika kuti tingathe kudzimasula tokha matenda onse ndi kudya kosaphika. Koma ukulu wa ganizoli uli m’chenicheni chenicheni chakuti “chosakhulupirira” chimakhala chowonadi chokwaniritsidwa. Kuvuta kusiya kumwa mowa mwauchidakwa sikuyenera kuonedwa ngati cholepheretsa kukwaniritsa cholinga cha chakudya.

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yaiwisi kudya; m'malo mwake, kuyenera kukhala muyeso woyezera mphamvu za mdani kwa mtundu wa anthu ndipo ziyenera kutisonkhezera kuchita zonse zomwe tingathe kuti tiletse chilombo chowopsya choterocho kulowa m'thupi la mwana wobadwa kumene. Ngakhale anthu omwe amapeza kukhala kovuta kusiya okha zakudya zophika, ndikulimbikirabe ku zizolowezi zawo zovulaza, ayenera kutsimikizira chowonadi, ndipo chifukwa cha mbadwo ukukula ndi tsogolo la anthu ayenera kumenyera chigonjetso cha chowonadicho polalikira. ndi kufotokoza mfundo za kudya zosaphika ndi njira zina zonse zomwe zilipo.

Zoonadi, kwa anthu amalingaliro opapatiza komanso owoneka mmbuyo omwe amakondera mosasinthika mokomera zakudya zophika ndi mankhwala osokoneza bongo mfundo za kudya zosaphika ndizotsogola kwambiri, koma lero tikukhala mu Cosmic Age, osati mu Middle Ages, pomwe lingaliro lililonse lopita patsogolo kapena kupangidwa kwakukulu kwazaka zambiri kuzunzidwa ndi opulukira osadziwa. Lerolino, ndi funso la kupulumuka kapena kuwonongedwa kwa mtundu wa anthu kumene kuli patsogolo pathu. Kuzengereza ndi kupanda umunthu.

Kudya Zosautsa Kumapindulitsa Kwambiri Pagulu Chuma ndi Kukweza Miyezo ya Moyo Wambiri Nthawi

Kuchuluka kosaneneka kwa michere kumawonongeka pamoto ndi ndi mitundu yambiri ya peeling, kuyenga ndi kukonza. Mwachitsanzo tinganene kuti magalamu 100 a tirigu wophuka ali ndi thanzi labwino kwambiri kuposa mkate woyera wotengedwa ku kilogalamu ya tirigu.
N'chimodzimodzinso ndi mitundu ina yonse ya chimanga, phala, masamba ndi zipatso. Ngati tisiya zakudya zonse za nyama masiku ano, masamba opangidwa padziko lapansi amatha kudyetsa okha kangapo kuchuluka kwa anthu padziko lapansi pano, malinga ngati adyedwa m'malo osaphika. Tanthauzo lenileni la kudya zosaphika lidzakhala lomveka bwino, tikaganizira za ntchito, nthawi ndi ndalama zomwe anthu amawononga powononga zakudyazo, ndiyeno kuganizira zonse.

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ndalama zachipatala zomwe mautumiki osiyanasiyana a zaumoyo komanso anthu onse amawononga poyembekezera kuthetsa zowononongeka zomwe zimabweretsedwa mu ziwalo zathu ndi kuwononongeka kwa zakudya zomwezo. Ndine wokonzeka kuwonetsa zowona za zomwe ndanena ndi umboni weniweni kwa aliyense amene angafune kukhala ndi zina zambiri pankhaniyi. Mbiri yakale sidzakhululukira konse anthu audindo amene ali ndi udindo amene amasonyeza mphwayi m'nkhaniyi ndi kutseka makutu awo ku chowonadi cholira chimenechi kuti alungamitse kumwerekera kwawo kwau

Pakhoza kukhala zifukwa ziwiri zokha zokanira kuvomereza mfundo za kudya zosaphika. Kapena anene kuti amakonda kulekerera kukhalapo kwa matenda m'malo "kulepheretsa" anthu "zosangalatsa" za zakudya zophikidwa ndi kusiya mwayi wogwiritsa ntchito mndandanda wonse wa "zopambana zasayansi" zomwe zapezedwa. chifukwa chogwira ntchito molimbika kwambiri kapena, pochita mayeso ofunikira omwe ndidapereka, ayenera kutsimikizira kuti, m'malo momasula anthu ku matenda, kudya kosaphika kumawavulaza kwambiri.
Izi adzapeza zosatheka kuchita. Izi zikutanthauza kuti alibe njira ina koma kudalira malingaliro awo oyamba, nkhanza zoipitsitsa zomwe zimawonekera kwa onse.

Chifukwa chake, m'malo mwa ana onse osalakwa, ndikupempha kuti otsutsa kudya kwaiwisi apereke zotsutsa zawo kwa atolankhani, kuti apeze yankho lawo lolondola komanso malingaliro a anthu akhale ndi mwayi wopeza zofunikira ndikuzinena. chigamulo chomaliza komanso cholungama.

Aliyense Ayenera Kuzindikira Zowona Zenizeni komanso Zosasinthika Zinthu za Thupi Lake

Munthu aliyense ndi wonyada yemwe ali ndi chimodzi mwa zovuta mafakitale padziko lapansi ndipo ndi iye yekha amene ali ndi udindo woyendetsa bwino fakitale yomwe wapatsidwa. Choncho, n'kofunika kuti adziÿe bwino zinthu zenizeni, zopanda chilema ndiponso zosafunika kwenikweni za fakitale yodabwitsayo.

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Umphumphu wa zopangira zimenezo sikutsimikiziridwa ndi kuchuluka kwa mapuloteni, mafuta, chakudya, mavitamini, mchere ndi zopatsa mphamvu zomwe zimatchulidwa ndi akatswiri a sayansi yamasiku ano m'mabuku awo okhudza zakudya. Komanso n'zosatheka kudziÿa zimenezi mwa kuika pamodzi mndandanda wautali wa maphikidwe a zakudya zophikidwa.

Kupyolera mu mamiliyoni ndi mamiliyoni azaka ndi mawerengedwe olondola kwambiri chikhalidwe chathu chodabwitsa chasonkhanitsa pamodzi zopangira zofunikira kwa thupi la munthu, kuziphatikiza mogwirizana ndi mulingo wofunikira, zawapatsa moyo ndikuziyika mu masamba. matupi m'maselo amoyo.

Chinsinsi chonse cha chakudya chagona m'maselo amenewo kukhala akufa kapena amoyo. Nthaÿi zonse zinthu zopangidwa ndi maselo akufa sizingagwire ntchito ngati zipangizo za fakitale ya anthu.

Munthu sayenera kutaya lingaliro lake la kulinganiza ndi kukondwera ndi zimene anapanga mopitirira malire a kulingalira. Ndizowona kuti pofufuza za zakudya zopatsa thanzi, akatswiri a zamoyo adakumana ndi vuto lalikulu ndipo atulukira zinthu zambiri zofunika, zomwe tiyenera kuziyamikira. Komabe, zopambana zonsezo zikhoza kuonedwa kuti ndi zazikulu kokha mogwirizana ndi luso lamakono ndi kakulidwe ka maganizo ka munthu. Potsutsana ndi nzeru zapamwamba za chilengedwe ngakhale asayansi otchuka kwambiri, ndi maphunziro awo onse ndi zinthu zosawerengeka zomwe atulukira, alibe chidziwitso choposa mwana wazaka zisanu. Choncho, alibe ufulu wosokoneza kugwirizana ndi kukhulupirika kwa zinthu zopangidwa mwachibadwa ndiponso kukakamiza anthu kuti aziphwanya mfundo zachibwana ngati sayansi yangwiro.

Mosakayikira, poyesera kulowa mu zinsinsi za zakudya Cholinga chachikulu cha asayansi ndikuzindikira zinthu zonse zopatsa thanzi zomwe ndizofunikira pathupi la munthu, kudziwa kuchuluka kwake ndikuphatikiza pamodzi. M'mawu ena, amafuna kukonzekeretsa njere yatirigu kapena mphodza ndi kuipatsa moyo. Koma zimene munthu sanathe kuzipeza pambuyo pa zaka zikwi zambiri za ntchito yosalekeza, chilengedwe chikupereka kwa ife mwaufulu lerolino. Tikufunanso chiyani? Kodi timakhala ndi chikaiko chilichonse chokhudza nzeru za?

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chilengedwe chonse kapena kodi kumwerekera ndi nyama kumalimbikitsa munthu kuchita zopusa kwambiri?

N’zopanda nzeru komanso koopsa kuganiza kuti tikufunika zina mapuloteni kapena zinthu zina zopatsa thanzi kuposa zomwe zili m'masamba. Ngati zotsirizirazo zili ndi mapuloteni ochepa chabe, ndiye kuti matupi athu safuna zambiri, chifukwa ndi ndendende ndi kuchuluka komweko komwe thupi lathu lapangidwa ndikupangidwa kwazaka mamiliyoni ambiri.

Anthu ena amakonda kulankhula mosalekeza za thupi-zomangira. Ngati mapuloteni a nyama "okwanira bwino" ndi "zakudya zopatsa thanzi" zikanatha kukulitsa kutalika kwa m'badwo uliwonse ndi millimeter imodzi, lero kutalika kwa munthu kukadakwera kale ndi mamita angapo.

Mavitamini opangidwa ndi Misa sangagwire ntchito ngati zigawo zopatsa thanzi pazifukwa zodziwikiratu kuti nthawi zambiri mkati mwa mphindi zisanu atalowa m'thupi la munthu amasiya ntchito zathupi lathu; m’mawu ena amatithamangitsira ku imfa.

N'zomvetsa chisoni kuona kuti zakudya zinazake zili ndi vitamini inayake kapena zina zonse.
Ma organic compounds onse amapangidwa ndi zinthu zofanana, koma amasiyana mu thupi ndi mankhwala chifukwa cha kusiyana kwake ndi kapangidwe kake. Choncho, aliyense amadziwa kuti mowa ndi shuga amapangidwa ndi zinthu zofanana (carbon, haidrojeni ndi mpweya), koma amasiyana kwambiri mu mtundu, kukoma ndi maonekedwe. Mbalame zimasungidwa m’makola okhala ndi mtundu umodzi wa mbewu kapena tirigu ndipo ziweto nthawi zambiri zimadyetsedwa ndi udzu wamtundu umodzi wokha. Komabe, zamoyo zimenezi zimapeza mapulotini, mafuta, mavitamini ndi mchere wokwanira kuchokera ku mtundu umodzi wa zakudya zomwe zimapatsidwa.

Kuchiza matenda pogwiritsa ntchito mavitamini onyenga, maantibayotiki owononga ndi ziphe zosiyanasiyana ndizoyesa zopanda chiyembekezo zomwe sizichokera pamalingaliro a etiological ndi maziko, koma pazizindikiro, zowonekera komanso zotsutsana.

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Palibe vitamini yochita kupanga yomwe ingabwezeretse mphamvu yodabwitsa ya mavitamini achilengedwe omwe amawotchedwa pamoto; palibe poizoni angathe kulamulira yachibadwa kwachilengedwenso ntchito za alibe ziwalo ndi tiziwalo timene timatulutsa; palibe maantibayotiki omwe angalowe m'malo mwa maantibayotiki achilengedwe omwe awonongedwa kukhitchini.

Nyama zimachiritsa zilondazo pozinyambita. Kutsekemera kwawo ndi malovu amapatsidwa mphamvu ya bactericidal. Zinsinsi za munthu wophika-kudya, komabe, zilibe zinthu zoterezi. Odya zosaphika amateteza kuopsa kwa chimfine choopsa kudzera m'gulu la zotupa zomwe zimatulutsidwa ndi thirakiti la kupuma, pamene wakudya zophika zimatulutsa mitsinje ya sputum ndi malovu, komabe sangathe kukana ngozi yomweyo.

M'badwo Wophika-Kudya Ndi Nthawi Yomwe Zizolowera,

Zikhulupiriro ndi Tizilombo Tizilombo toyambitsa matenda Zikulamulira Kwambiri

Mankhwala amakono azunguliridwa ndi zikhulupiriro zopanda pake. Ntchito yonse yachipatala imachokera ku zizindikiro, zoonekeratu, zachinyengo komanso zotsutsana, pamene mfundo yofunika kwambiri komanso yofunika kwambiri yaikidwa m'manda. Izi ndi zowona kuti KUGWIRITSA NTCHITO KWABWINO KWA fakitala ILIYONSE KULINGALIRA NDI UNIFORM YOPATSIDWA NDI ZINTHU ZOYENERA ZOPHUNZITSIDWA ZOTSWA NDI ENJINA. Pamenepa, ZINTHU ZOPHUNZITSIRA ZAIWIRI ZA BANJA LA ANTHU NDI MASELO A MASAMBA AMOYO NDIPO PALIBE CHINA.

Ataledzera ndi zopambana zingapo zaukadaulo, munthu wamasiku ano amadziyerekeza ali pachimake cha chitukuko, pomwe m'chenicheni amakokera moyo wachikale kwambiri, wosakhala wachilengedwe komanso wowopsa wamaloto owopsa. Nthawi zambiri, pankhani zandale, zachuma, zamakhalidwe ndi thanzi, malingaliro ndi malingaliro a munthu amalamuliridwa ndipo zochita zake zimatsogozedwa ndi kumwerekera konyansa ndi zikhulupiriro zopanda pake. Kuyiwala mavuto ofunikira komanso ofunikira m'moyo, amuna amakokomeza zinthu zazing'ono zomwe zili zofunika kwambiri ndikuzisintha kukhala mafunso ofunikira, ndiyeno amawononga nthawi ndi zinthu zambiri, kupanga.

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adani, anakhetsa nyanja zamagazi ndi kufalitsa chiwonongeko ndi chiwonongeko cha ponseponse.

Olemba mbiri akale ajambula mumitundu yonyansa kwambiri zokopa ndi msonkho woperekedwa ndi ogonjetsa akunja. Pomwe lero, pomwe atenga utsogoleri wa boma, amuna omwe amawonedwa ngati otukuka komanso ophunzitsidwa bwino amagwiritsa ntchito zifukwa zingapo zovomerezeka kulanda ndalama zopitilira 90 peresenti ya ndalama zonse zomwe anthu awo amapeza kuti akwaniritse zizolowezi zawo ndi zokhumba zawo. Amalimbikitsa kupanga fodya, zakumwa zoledzeretsa ndi zosaledzeretsa, tiyi, koko ndi khofi, zonse zomwe zimawononga thanzi la anthu, ndiyeno amadzikuza ndi kuwonjezeka kwa ndalama zomwe boma limalandira kuchokera kuzinthu zimenezo. Momwemonso atate wopusa wa m'banja angasangalale ndi kakobiri kake kakang'ono kopezedwa ndi ndalama ya paundi yotayidwa ndi ana ake, ndipo, choipitsitsabe, pamtengo wowopsa wa kuwononga thanzi lawo.

Malingaliro aposachedwa ndi malingaliro a mavitamini ndi mamineral omwe ali pawokha sapeza zotsatira zabwino zilizonse zomwe zimawoneka chifukwa chakuti, molimbikitsidwa ndi chizoloÿezi champhamvu zonse, zizolowezi zopatsa thanzi za anthu zimayamba pang'onopang'ono panjira yowopsa yomwe imalimbikitsa kupanga zakudya zoopsa zopanda mavitamini ndi mchere. Popanda kupuma pang'ono kapena kupuma, pamakhala mafakitale opangira fodya, zakumwa zoledzeretsa komanso zosaledzeretsa, masikono, maswiti, ayisikilimu, soseji, zakudya zamzitini, mkate woyera, margarine ndi zinthu zina zoopsa.

Zonsezi zimabwera kudzatsimikizira izi m'mayendedwe a moyo wawo watsiku ndi tsiku anthu amatsogozedwa osati ndi nzeru, koma ndi zizolowezi zowononga ndi zikhulupiriro zopanda pake makamaka kwa anthu okonda kudya.
Padziko lapansi pali magulu ambiri omwe amakhudzidwa ndi mafunso ang'onoang'ono komanso achiwiri omwe ali ndi chidwi chochepa.
Kuyambira pamenepo, ntchito yayikulu ya anthu otukuka iyenera kukhala kuchita kampeni mwachangu komanso yotsimikizika yolimbana ndi zizolowezi ndi zikhulupiriro zamtundu uliwonse. Izi ndi njira zokhazo zomwe munthu angachitire

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amakwanitsa kukhala ndi moyo wochuluka, wamtendere, womasuka, wathanzi, wautali komanso wachimwemwe womwe wakhala akuufuna.

Umboni wa konkire uli pamaso panga. Mwa kudya zosaphika koma ndapulumutsa moyo wanga, koma ndadzipulumutsa ndekha ku matenda onse omwe ankandivutitsa mosalekeza ndipo ndathamangitsira kutali ndi ine chiwonongeko chowopsya cha imfa yofulumira. Ndili ndi zaka 61, pamene anthu ophika amasiya kugwira ntchito ndikupita kuntchito, ndapezanso thanzi, mphamvu, mphamvu ndi mphamvu za mnyamata wazaka 25.
Kwa miyezi ingapo, ndimagwira ntchito maola 16 patsiku, osatopa. Ndili ndi chidaliro kuti ndidzakhalanso ndi moyo nthawi yonse ya moyo wa munthu wophika.

Kaŷirikaŷiri amanenedwa kuti munthu ayenera kudya kuti akhale ndi moyo osati kukhala ndi moyo kuti adye.

Tsopano nthawi yafika yotsimikizira kuti ndi ndani omwe amawona kudya ngati njira yopezera phindu osati mathero mwa iwo okha. Lolani anthu oterowo atsatire chitsanzo changa, alowe m'bwalo la maseŷera, agwirizane pa chinthu chimodzi, amenyane ndi kumwerekera kulikonse kwa munthu ndi kutsegula njira yopita ku moyo watsopano ndi wachimwemwe kwa anthu onse.

Nkhani zimene zafotokozedwa m'bukuli si mafunso apadera amene tiyenera kukambirana momasuka. Ndi nkhani zokhudza anthu onse ndipo ziyenera kuganiziridwa poyera kuti aliyense athe kuzindikira zinthu zenizeni za thupi lake.

Ndi udindo wa anthu onse omwe ali ndi chidwi ndi thanzi lawo ndi ana awo kuti akweze mawu awo ndikupempha kuti iwo omwe amatsutsa mfundo za kudya zosaphika apereke zotsutsa zawo kwa atolankhani, kuti ndikhale nawo. mwayi wowapatsa mayankho oyenerera ndipo motero kuchotsa kukayikira kwa anthu onse ponena za chiphunzitso cha kudya zosaphika.

Zowonjezera

Owerenga mabuku anga okhudza kudya kosaphika nthawi zambiri amandigwiritsa ntchito pamasom'pamaso komanso polemba ndikufunsa tsatanetsatane wa chakudya chapadera chodyera zosaphika. Tsopano, wodya zosaphika alibe pulogalamu ya m'mawa,

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chakudya cha masana kapena madzulo. Amadya nthawi iliyonse yomwe akufuna, chilichonse chomwe angafune komanso momwe chikhumbo chake chimafunira. Koma chifukwa ophika-ophika, pokhala ozoloÿera maola apadera ndi malamulo odyetserako chakudya, amafuna kuwona dongosolo la kudya yaiwisi, nawonso, likuyendetsedwa pansi pa malamulo ena, zikhale choncho. Palibe vuto lililonse mmenemo.

Ndizowona, kupitirira kwa munthu mmodzi kupanga maphikidwe mwatsatanetsatane ndikukonzekera mindandanda yazakudya zosiyanasiyana kuphatikiza mbale zambiri zatsopano. Mitundu yosawerengeka ya mbale zophikidwa ndi zakudya zomwe zawonongeka, zomwe tikuziwona lero zapangidwa pang'onopang'ono, m'kupita kwa zaka zikwi zambiri komanso ndi zoyesayesa za anthu zikwizikwi.
Pamene anthu atsimikiza kuti njira yabwino kwambiri yodyetsera ndi kudya zosaphika, zakudya zambiri zokometsera zimawonekera, titero kunena kwake, usiku umodzi.

Pokhapokha atapatula milungu ingapo ya nthawi yomwe nthawi zambiri amakhala akuphika, mayi aliyense wapakhomo azitha kukonza, malinga ndi zomwe amakonda, zakudya zatsopano zosiyanasiyana zosakanikirana ndi zakudya zosaphika zambiri zomwe tili nazo; ndipo potero, adzalemeretsa menyu wamba nthawi yomweyo. Tiyeni titenge chitsanzo cha banja lathu.

Pambuyo pa mayesero angapo ndinazindikira kuti zakudya monga mbewu, phala, mbatata, aubergines ndi mafuta, zomwe zimaonedwa kuti sizingatheke ndi okonda zakudya, zikhoza kusakanikirana mosiyanasiyana kuti apange saladi zokoma monga momwe angasangalalire. ngakhale wokonda kwambiri nyama.

Timaviika tirigu, mphodza, nandolo, nyemba, ndi zina zotere m’madzi ambiri. Zikayamba kumera tsiku limodzi kapena awiri, timazitsuka ndi madzi abwino. Kenako timakhetsa madziwa, kuphimba mphikawo ndi chivindikiro ndikuyika pamalo ozizira. Mu chikhalidwe ichi akhoza kudyedwa kwa masiku atatu kapena anayi. Atha kudyedwa ndi zoumba, mtedza, madeti ndi zakudya zina zambiri kapena akhoza kusakaniza ndi saladi zosiyanasiyana.

Pamene tikufuna kukonzekera saladi, timadutsa tirigu, mphodza, ndi zina zotero kupyolera mu makina opangira ming'alu, ndikudula mbatata ndi kaloti pamtengo wabwino.

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grater; kenako timadula nkhaka, tomato ndi anyezi mu magawo oonda ndi mpeni, ndikudula tsabola wobiriwira ndi mitundu ingapo ya masamba obiriwira.

Tsopano timasakaniza zonse pamodzi ndikuwonjezera mafuta osaphika a azitona, madzi a mandimu atsopano ndi madzi a kasupe pang'ono. Wina akhoza kuwonjezera mtedza, zoumba, madeti, ndi zina zotero. Kuchuluka kwa zinthuzo kumadalira kukoma kwa munthu payekha. M'chilimwe ndizosangalatsa kudya saladi zotere zozizira.

Kutengera njira yopangira saladi iyi ngati maziko, ndizotheka kukonzekera saladi wosiyanasiyana wokoma ndi mawonekedwe osiyanasiyana pogwiritsa ntchito masamba amtundu uliwonse ndi masamba ena osiyanasiyana, monga sipinachi, letesi, aubergine, beetroot komanso, ambiri. , zilizonse zomwe minda yathu yamasamba imapereka, koma zofunikira za saladi ndi mbewu, nyemba ndi mbatata.

Saladi iyi iyenera kukhala chakudya choyambirira cha anthu onse.
Chakudya chimenechi, chomwe ndi chakudya chokwanira kwambiri kwa anthu olemera ndi osauka omwe, chili ndi ubwino wake pokhala wopatsa thanzi, wolimbikitsa, wokhutiritsa, wopatsa thanzi komanso wotchipa. Ndi chakudya chomwe chili ndi zinthu zonse zofunika kwa moyo wautali komanso wathanzi. Ndi mankhwala oletsa matenda onse. Mbale yodzaza ndi chakudya ichi, pamodzi ndi chipatso chowonjezera pang'ono, ndi chokwanira kukwaniritsa zofunikira za tsiku ndi tsiku za mwamuna komanso panthawi imodzimodziyo kumuteteza ku matenda amtundu uliwonse.

Poganizira za kukondeka kwa mitundu ina
Zipatso zomwe zimakhala zosowa m'nyengo yozizira, anthu ena amaganiza kuti kudya kosaphika kudzakhala kodula panthawiyo. Amaganiza kuti wodya zosaphika sayenera kudya zipatso zatsopano kwa zaka zonse. Izi, ndithudi, si zoona. Pali anthu omwe amamaliza chakudya chachikulu ndi zipatso zambiri. Ngati anthu oterowo adya chipatsocho ndi gawo limodzi lokha la mkate umene amadya nthaŷi zambiri (koma mumpangidwe wa tirigu wosaphika, ndithudi), adzadzipeza kukhala okhutitsidwa kotheratu. Mwanjira imeneyi, adzapulumutsira zonse zomwe awonongera ndalama ndi vuto la kuphika chakudya chophika, tiyi, makeke ndi mitundu yonse ya zakudya zina zowonongeka.

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Pali zakudya zina, monga tirigu, walnuts, masamba amasamba, omwe amapezeka mu nyengo zonse za chaka ndi kusinthasintha pang'ono kwa mitengo yawo. Komanso, zipatso zatsopano zimatha kupindula panyengo yake; motero, mabulosi akachuluka timatha kudzidyetsa tokha makamaka mabulosi, ndi mphesa ndi zipatso zina.

M'nyengo yozizira mitundu yambiri ya zipatso zouma mwachibadwa zimatha kuthiridwa m'madzi ozizira, kusandulika kukhala compote yaiwisi ndikusangalala ndi chisangalalo chachikulu. Ku compote iyi tikhoza kuwonjezera mtedza, pistachios, tirigu wobiriwira, cardamom kapena vanila ufa, ndi zina zotero. Compote yaiwisi ndiyo ndalama zambiri komanso nthawi yomweyo chakudya chokoma kwambiri m'nyengo yozizira.

Kupatula kudya mtedza, ma amondi, pistachio ndi mtedza wa hazel monga mwachilengedwe, kusakaniza ndi zipatso zina zouma, tingathenso kuzipera ndi kuzigwiritsira ntchito m’njira zosiyanasiyana, kapena tingazisakaniza ndi hotchpotch yamasamba aiwisi kapena ma compotes osiyanasiyana. Kuphatikizika kosangalatsa kwambiri kwa wodya yaiwisi ndi "Halva" kapena sweetmeat wa walnuts, amondi kapena pistachios. Izi zimaphwanyidwa, zokometsera kuti zilawe ndi cardamom, vanila kapena safironi ndikudulidwa m'mabwalo ang'onoang'ono. Halva iyi imadyedwa mosangalatsa kwambiri ndi masamba obiriwira osiyanasiyana. Ikhoza kuikidwa mu tsamba la letesi ndikudyedwa ngati sangweji. Madzi osakaniza ndi madzi a mandimu ndi chakumwa chabwino kwambiri chomwe angapatse ana.

Pomaliza, m'pofunikanso kukumbutsa owerenga kwambiri zochitika zofunika zomwe ziyenera kukumbukiridwa nthawi zonse. M'nthawi yoyamba ya anthu omwe amadya zakudya zosaphika amatha kukumana ndi zovuta zosiyanasiyana, zomwe zimatha kuganiza kuti zakudya zosaphika zimakhala zovulaza kwa iwo ndipo zimawafooketsa kapena kuwadwalitsa. Tiyenera kukumbukiridwa kuti malingaliro onse olakwika ndi owopsa omwe alipo muzakudya adayambira pamalingaliro owoneka bwino komanso otsutsana. Chifukwa chake, zizindikiro zakunja siziyenera kukhala chowiringula chosiya ntchitoyo itatheratu. Ndikofunikira kuyembekezera zotsatira zomaliza, zomwe zingatenge masabata kapena miyezi ingapo kuti zibwere. Koma ngati zakudya zophikidwa nthawi zina zimasakanizidwa ndi zakudya zosaphika, zotsatira zake zimakhala zochedwa kwambiri komanso zosagwira ntchito kapena zosawoneka nkomwe.

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Kusasangalatsa kwawo sikuli kanthu koma machitidwe ochiritsira, ndipo mwa kukaniza komwe kumasonyezedwa kwa iwo adzatha kudzimasula okha ku matenda onse odziwika ndi osadziwika.

Chokhalitsa kwambiri mwa kusapeza bwino kumeneko ndicho kulakalaka chakudya chophika. Ziyenera kukumbukiridwa nthawi zonse, komabe, kuti zikhumbo za "njala" zomwe zimamveka pansi pazimenezi zimalimbikitsidwa osati ndi maselo abwinobwino kapena athanzi, koma ndi maselo owononge ka, opanda pake komanso osagwira ntchito komanso ndi ziphe zomwe zimasonkhana m'thupi; mwa kuyankhula kwina, ndi matenda omwe amawononga zamoyo. Choncho, ndi kupirira ndi kukana kumverera kwa "njala" kotero kuti tidzatha kuthetsa ziphezo, kuchotsa kukhalapo kwa maselo opanda pake, kumanga zofunikira zofunika za maselo ogwira ntchito ndikutetezedwa kamodzi kwa madalitso onse. thanzi labwino. Kupirira kwa ola lililonse la “njala” imeneyo ndiko kupambana m’nkhondo yathu yolimbana ndi matenda.

Tehran, 1963

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GAWO LACHIWIRI

Kupanga Thupi la Munthu

Nkhani zimene ndikukambitsirana m’bukuli siziri zovuta zapadera. Ndi mafunso amene amakhudza anthu onse. Zimakhudza onse omwe ali ndi matupi ndikukhala ndi moyo; iwo amakhudza onse amene ali pakamwa ndi kudya. Ndicho chifukwa chake nthawi zonse ndimayesetsa kulemba m'chinenero chosavuta monga momwe ndingathere, kukhazikitsira mfundo zanga pazidziwitso ndi mfundo zambiri, popanda kutseka zolemba zanga ndi mfundo za sayansi ndi mawu osamvetsetseka monga osamvetsetseka kwa owerenga anga ambiri. M'mikangano yanga, sindidalira unyinji wa deta yowoneka ndi yotsutsana yopezedwa mu labotale mwa njira zopanda ungwiro kapena, choyipa kwambiri, pamalingaliro olakwika aliwonse ozikidwa pazidziwitso zotere. Umboni womwe ndimapereka ndi malamulo osatsutsika achilengedwe komanso ziganizo zomwe zimapezedwa ndi maziko

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chidziwitso, ndi chomwe 'munthu aliyense padziko lonse lapansi atha kuyesa ndikudzitsimikizira yekha.

M’chenicheni, lingaliro la kudya zosaphika n’losavuta kotero kuti lingafotokozedwe mwachidule m’masentensi aÿiri omveka bwino: mlengi wa thupi la munthu analenganso zopangira zake zofananira; pokhapokha titapereka zidazo m'thupi lonselo, popanda kuzisokoneza, thupi la munthu limamaliza moyo wake wonse popanda kudwala matenda aliwonse.

Munthu aliyense amene amaona bwino mokwanira kuti amvetse tanthauzo lenileni la ziganizo ziwirizo ndi kuziganizira moyenerera ndi kuzisinkhasinkha angazindikire mosavuta kuti kadyedwe kake ka munthu wamakono n’kotani. Akhozanso kuona mosavuta kuti pankhani yolimbana ndi matenda a anthu kwa zaka mazana ambiri zapitazo, anthu akhala akugwiritsa ntchito njira zolakwa ndi zoopsa ndipo, kuwonjezera apo, njira zonsezo zili ndi kugwirizana kochepa kwambiri ndi zimene zimayambitsa matenda. .

Pambuyo pazaka zambiri za kuphunzira mosamalitsa ndi zokumana nazo zaumwini, lero I musakayikire ngakhale pang’ono kuti dongosolo lachilengedwe la zakudya zopatsa thanzi silimangomasula anthu ku matenda amtundu uliwonse, komanso limapatsa munthu aliyense moyo wautali modabwitsa wodzala ndi mtendere, chisangalalo ndi chitonthozo.

Moyo wa munthu wamakono ndi wowopsa, wodzazidwa ndi machimo osawerengeka, zizolowezi ndi zoyipa. Zowonadi, kukakhala kofunikira kudzaza mipukutu yambirimbiri kuti afotokoze bwino za kuipa konse kwa munthu, kulongosola mwatsatanetsatane zizolowezi zake zolakwa za kudya, kusonyeza pang’onopang’ono kuipa koipa kwa makhalidwe ake ndipo pomalizira pake kusonyeza chimodzi ndi chimodzi. njira imodzi yolakwika yothanirana ndi zoipazo. Koma vuto lalikulu lomwe liri patsogolo pathu nlakuti mwamuna aliyense adziÿe bwino lomwe mmene matenda amabadwira ndi njira yowonjezereka yochotseratu matendawo kamodzi kokha.

Choyamba, ndikofunikira kudziwa momwe thupi lathu lilili anamanga ndi chimene zakudya.

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Monga tikudziwira, zamoyo papulaneti lathu zinayamba kuonekera mwa zamoyo zokhala ndi selo imodzi. Pambuyo pake, matupi amtundu umodziwo adagwirizana kupanga magulu osiyanasiyana ndikupanga zamoyo zambiri. Kugwirizana koyamba kwa maselo oÿerengeka m'kupita kwa nthaÿi kumakula mpaka kubereka chamoyo cha ma milliard ambiri a maselo.

Selo lililonse ndi chinthu chovuta kwambiri pachokha, koma chotere zamoyo zimakhala ndi magawo osiyanasiyana a chitukuko. Tizilombo tambiri tomwe tinkakhala tomwe timakhala tokha timene timakhala tambiri tomwe timakhala timagulu tomwe timakhala tomwe timapanga tinthu tating'onoting'ono tinali amoebae tomwe tinkayenda m'madzi popanda cholinga chilichonse. Ntchito zawo zokha zinali kufunafuna chakudya, kudya, kugaya ndi kuchulukitsa mwa njira yosavuta yodzigawa pa Anali ndi ziÿalo zawo zoyamba kugaya chakudya, zomwe zimayamba pang'onopang'ono m'kupita kwa nthaÿi. Patapita nthawi, maselowo anasonkhana pamodzi n'kupanga zamoyo zambirimbiri. Mwa kuyankhula kwina, kusiya moyo wawo wopanda cholinga wa kudzipatula, amapita ku moyo wa mgwirizano, kumene selo lirilonse liri ndi ntchito yapadera yochita muzochitika zonse zamagulu.

Fananizani moyo wamunthu payekha wamunthu woyamba, iye asanakhale amakhoza ngakhale kulankhula bwino, ndi moyo wa mgwirizano wa mayiko aakulu lero, kumene magulu osiyana a anthu amagwirira ntchito pamodzi. Koma ngakhale m'dera lathu lotsogola lamasiku ano munthu atha kupeza anthu opanda pake, opusa, a parasitic ndi aupandu omwe amatikumbutsa za makolo athu aulesi amasiku akale. Komabe, zolengedwa zoterozo zimakhala limodzi ndi amuna aluso ndi anzeru kwambiri.

N'chimodzimodzinso ndi thupi la munthu, pamene maselo opanda pake, opha tizilombo amakhala ndi moyo wodekha pamodzi ndi maselo othandiza kwambiri pa chitukuko chapamwamba kwambiri. Thupi laumunthu liri ndi mabungwe ndi mabungwe osiyanasiyana, omwe amatchedwa glands, ziwalo, machitidwe, ndi zina zotero. Ziwalo ndi kachitidwe kameneka kamagwira ntchito zawo motsatira nthawi imodzi yamagulu apadera a maselo apadera. Ndizosangalatsa kuzindikira kuti maselo apaderawa samagwira ntchito zawo zenizeni mothandizidwa ndi zida zapadera komanso

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zida zopangidwa kunja; m'malo mwake aliyense wa iwo wokha amatembenuzidwa, kupyolera mu dongosolo lake lonse, kukhala fakitale yovuta kwambiri.

Motero, maselo amene amapanga impso amapatsidwa zida zapadera zokhetsera ndi zosefera zomwe zimapatukana ndi magazi ndi kutululutsa ndi mkodzo zonyansa ndi ziphe zovulaza kwa chamoyo; Maselo a tizirombo amatenga zinthu zofunika kwambiri kuchokera kudera lamadzimalo, pomwe pachakudya chomwe chilibe kanthu pachakudya chophika) ndipo, kuwatembenuza iwo ku mahomoni, aperekeni ku Thupi; maselo a minofu ali ndi mphamvu yapadera ya contractile yomwe imawathandiza kuti azisuntha thupi ndikugwira ntchito yolemetsa; potsirizira pake, maselo a minyewa amayendetsedwa ndi mayadi a ulusi mwa njira yomwe malamulo a ubongo amaperekedwa ku thupi lonse. Choncho selo lililonse lomwe limapanga thupi la munthu ndi fakitale yovuta ya kapangidwe kake kosiyana ndi ntchito za oyandikana nawo, kuyambira ku maselo a misomali, tsitsi, mafupa, minofu ndi tiziwalo toyambitsa matenda kupita ku maselo a ubongo.

Mosakayikira, zikanakhala zosangalatsa kwambiri kukhala ndi zonse chidziwitso cha mapangidwe a maselo ndi chikhalidwe cha ntchito zonse ndi njira zomwe zimachitika mwa iwo. Koma ngakhale mwa chozizwitsa china munthu akanakhoza kulowa mu zinsinsi zonse zobisika za maselo ndi ntchito zawo zambirimbiri, zikanakhala zofunikira kudzaza osati masauzande okha, koma mamiliyoni a mabuku kuti awafotokoze iwo, pamene aliyense wa ife adzafunika moyo khumi ndi awiri pezani malingaliro achidule a zonse zomwe zidalembedwa.

Mosiyana ndi zodzikuza za ena odzitamandira, munthu ali ndi chidziwitso chochepa kwambiri chokhudza zinthu zonsezi. Ndi kupita patsogolo kulikonse m'maphunziro ake amayenera kukhala wotsimikiza kwambiri kuti chidziwitso chomwe adatha kuchipeza chinali gawo laling'ono la zomwe zidabisidwabe kwa iye. Komabe, ataledzera ndi zipambano zoÿerengeka za luso, munthu wamakono akudziyerekezera kuti ali pachimake pa ungwiro wa sayansi ndipo popanda chopinga chirichonse kapena chopinga chirichonse chimene iye afuna nacho chozizwitsa cha zozizwitsa zimenezo, chamoyo cha munthu. Ndipotu iye ndi wodzikuza kwambiri moti amachita zinthu zoipa kwambiri

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contrivances ndi poyizoni woopsa kwambiri amachita ZOYESA zamisala kwambiri kuti athetse matenda omwe awonekera m'thupi. Pakuti ndithu, palibe chimene chachitika mpaka pano ndi ZOYESA, ZOYESA NDIPOBE ZOYESA ZAMBIRI. Ndiponso, iye amayesa zimenezo osati kokha pa nyama zosakhala zosadzitetezera, komanso pa thupi lake, pa ana ake okondedwa, pa anthu onse. SAMAONA NJIRA ZINA ZINA ZOKHUDZA CHOLINGA CHAKE.

Koma nthawi zonse tiyenera kuyang'ana mfundo yosatsutsika: munthu yemwe sadziwa bwino momwe wotchi wamba amagwirira ntchito sayenera kuchita kuyikonza, chifukwa choopa kusokoneza makina onse ndi kusuntha kolakwika kwa dzanja. Zimene asayansi amasiku ano apanga pa thupi la munthu zingayerekezedwe ndi zochita zopanda nzeru za munthu wogwira ntchitoyo amene, atagwira ntchito m'fakitale kwa masiku angapo, anayesa kuphwasula makina ake ndi kuwasonkhanitsanso.

Pankhani ya matenda pachimake mchiritsi nthawi zonse chikhalidwe, koma Kuchiza kumachitika chifukwa cha mphamvu ya mankhwala, pomwe nthawi zambiri matenda akamapha chifukwa chomwa mankhwala, nthawi zonse imfa imayamba chifukwa cha matendawo. Tiyenera kutsindika kuti mu matenda aakulu, mankhwala osokoneza bongo, monga lamulo, amawonjezera vutoli ndikuwononga thupi.

Ndiyeno, kodi mwamuna ayenera kuchitanji ziwalo zake zikayamba kugwira ntchito mosakhazikika? Kodi pali wina aliyense padziko lapansi amene amadziÿa bwino zinthu zonse zamoyo wa munthu mofanana ndi mmene injiniya amachitira zinthu ndi tsatanetsatane wa zigawo zonse zosiyanasiyana za fakitale yake, mpaka pa phula lomalizira? Inde sichoncho. Monga ndanenera pamwambapa, kukonza makina aliwonse atha kuperekedwa kwa katswiri yekhayo yemwe ali ndi luso komanso luso lolekanitsa mbali zonse za makina operekedwa ndikuzibwezeretsanso. Komatu munthu ali kutali chotani nanga kukwaniritsa cholinga chimenechi ponena za thupi lake!

Nanga munthu ayenera kuchita chiyani pamenepa? Ayenera pindani manja ake ndikudzipereka ku zovuta zomwe zidzachitike, kapena ayenera

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kubweretsa masoka kumutu mwa kupangidwa kosalekeza kwa zipolopolo zatsopano ndi kuyesa kwamisala kochitidwa nawo? Palibe mmodzi kapena winayo. Pali, mwamwayi, njira yachangu komanso yophweka yomwe munthu angazimasulire ku matenda onse.

Pamene injiniya amamanga fakitale, pogwiritsa ntchito masamu kuwerengera amaona ubwino ndi kuchuluka kwa zipangizo zonse zofunika pafakitaleyo, komanso chisamaliro chimene chiyenera kuchitidwa pogwira ntchito ndi kukonza makina ake. Kenako amatsimikizira moyo wogwira ntchito wa fakitale yoperekedwayo, malinga ngati malangizo ake akuchitidwa mosamala.

Kodi Nutrition ndi chiyani?

Monga momwe injiniya aliyense amawerengera mwatsatanetsatane kuti afotokoze zopangira zofunika ku fakitale yomwe adapanga, motero kudzera m'mawerengedwe olondola kwambiri chilengedwe chodabwitsa chapanga zida zofunikira zanyama zonse kuphatikiza Anthu.

Tikafuna kumanga fakitale wamba, choyamba timamanga nyumba yoyenera, kenako timayikamo makina onse ofunikira ndi dynamo, ndipo pomaliza, kuti fakitale iyambe kupanga, timapatsa mafuta ofunikira. ndi zipangizo. Tsopano popeza kuti thupi la munthu linapangidwa mogometsa kwambiri, zinthu zake n'zosavuta kumva, ndipo zimakhala ndi zinthu zambirimbiri.

Chilengedwe chachita ntchito yochuluka kwambiri kumbali imeneyo. Poyamba, chifukwa chophweka cha maselo akukonzekera zipangizo zomangira zosavuta, zomwe zimasiyana malinga ndi mtundu wa maselo. Motero, maselo atsitsi amafuna mtundu wina wa zipangizo zomangira, za misomali za mtundu wina. N’chimodzimodzinso ndi maselo a minofu, minyewa, minyewa, ndi zina zotero. Koma maselo a mpangidwe wosavuta woterowo sanagwire ntchito mpaka pano; aliyense wa iwo tsopano ayenera kupatsidwa zipangizo zoyenera zogwirizana ndi ntchito yake, zomwe zikufunikabe zomangira zina. Pom

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m'pofunika kupereka mphamvu kwa maselo amenewo ndi kupereka zofunika zopangira ntchito zopangitsa za glands.

Ndi chisamaliro chake chosalephera, Chilengedwe chasonkhanitsa pamodzi onsewo zipangizo, chiwerengero chake chimafika zikwi makumi. Chilichonse mwazinthuzo chili ndi kuchuluka kwake kwake. Motero, pa mtundu umodzi wa chinthu tingafunikire magalamu chikwi chimodzi, mtundu wina gramu imodzi yokha, gawo limodzi mwa magawo atatu a magawo atatu a magalamu ocheperapo chikwi chimodzi. Ili ndiye lamulo lantchito m'mafakitole onse. Ndikofunikira kuti zinthuzo zizipezeka nthawi zonse m'maselo mu kuchuluka kwake komwe kumakonzedweratu. Makamaka, chisamaliro chapadera chiyenera kuchitidwa kuti zitsimikizidwe kuti palibe aliyense wa iwo amene akupezeka pagulu la aggregate.

Munthu aliyense, wophunzira ndi wosavuta, wolemera ndi wosauka mofanana, ndiye yekhayo amene ali ndi thupi lake ndipo ndi wotsogolera yekhayo amene ali ndi udindo wa dziko lozizwitsa la milalang'amba yamkati.

Ndizosangalatsa kudziwa kuti zamoyo zonse padziko lapansi pano, kuchokera Nyerere kapena Mpheta kwa Njovu, zindikirani kuti kusonkhanitsa pamodzi ndikugwiritsa ntchito mokwanira pazakudya zawo.

Chodabwitsa n'chakuti, kuyambira chiyambi cha chitukuko munthu yekha, monga yekha padziko lonse lapansi, wasiya mphamvu zake ndipo wasiya kuona kukhulupirika kwa zipangizo zomwe zili zofunika kwambiri pa moyo wake. Ndicho chifukwa chake amagwira ntchito usana ndi usiku m'ma laboratories ake ndi malo ochitira kafukufuku, amayesa mitundu yonse ya mayesero ndi zoyesera, amapeza zipangizo zofanana chimodzi ndi chimodzi, amazipanga mofulumira m'mafakitale ake, amawapangira mayina achilendo, amawadzaza m'mabokosi ndi mabotolo. , ndi kuwabalalitsa pa dziko lonse lapansi, kuti anthu awameze ndi kusakhala ndi njala. Ndipo zonsezi amazitcha sayansi.

Popanda kuzindikira zomwe akuchita, asayansi alowererapo bwalo monyoza chilengedwe. Akhungu chifukwa cha zosokoneza bongo, amuna amenewo satha kuwona kuti kudzera m'mamiliyoni ndi mamiliyoni azaka komanso kuwerengera kolondola kwambiri komwe amayi athu Earth, mu Providence yake, adasonkhanitsa, adakhazikika muzomera ndikudzaza mbewu yonse.

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dziko ndi zinthu zopatsa thanzi zomwe angoyamba kuzizindikira, chimodzi ndi chimodzi.

Zamoyo zonse zapadziko lapansi zimachokera ku makolo omwewo, koma m'kupita kwa nthawi atenga njira zosiyanasiyana zachisinthiko. Kusiyana kwa thupi ndi thupi pakati pa anthu ndi nyama zina ndizochepa kwambiri.

Mofanana ndi munthu, nyamazo nazonso zili ndi mtima, mapapo, chiwindi, impso, magazi, mafupa, ubongo, ndi zina zotero. Ziwalo zawo zimafuna chakudya chofanana ndendende ndi ziwalo za munthu. Kulakwitsa kwakukulu komwe wasayansi wofufuza zamoyo adachita kwakhala kuwononga nthawi yochulukirapo komanso khama pakufufuza zovuta zachiwiri, zazing'ono komanso zotsutsana, zomwe adatsekereza ubongo wake ndikusokoneza malingaliro ake, m'malo modalira mfundo ndi deta. monga momwe ali nazo ndikutengera chidziwitso chake pazotsatira zomwe zidapezedwa ndi kuyesa kofunikira.

Tizikumbukira kuti nyama ikathyola tsamba “lochepa” mumtengo wa m’nkhalango, imakwaniritsa zosowa zake zonse mwa kudya tsamba “losavuta” limenelo. Mutsamba limodzi limenelo, chilengedwe chaika zinthu zonse zofunika kupanga maselo atsopano m’thupi la nyamayo; kusiyanitsa maselo amenewo, kuwadyetsa ndi kuwapatsa mphamvu, ndipo potsirizira pake kupereka zopangira zofunikira za glands.

Mwachidule, tsambalo limakhala ndi zida zopangira chinyama chamoyo; Tsamba limenelo ndi CHAKUDYA choyenera kwa nyama.

Mitundu Yonse Yamasamba Yaiwisi Imakhala Yofunika Kwambiri Ma Constituent omwewo

Ngati nyama yomwe ili pamwambayi, yosapeza chakudya kuwonjezera pa tsambalo, ikakakamizika kukhalira ndi chakudya chamtundu umodzi umenewo kwa miyezi kapena zaka zambiri, thupi lake silidzamva kupereŷera kwa mavitamini kapena zinthu zina zopatsa thanzi pankhaniyi. Palibe kusiyana ngati

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m'malo mwa tsamba la mtengo uli ndi zomera zina.
Chofunikira ndichakuti chakudya chomwe chimadya ndi
CHABWINO NDI CHABWINO.

Akaika chakudya chambiri pamaso pa hatchi kapena bulu, sadzidetsa nkhawa poganiza kuti mapulotini kapena mavitameni angakhale osakwanira nyamayo, ngakhale kuti tikudziÿa bwino kuti nyama nazonso, mofanana ndi anthu, zimafunika. mitundu yonse ya mavitamini, mchere ndi zina zopatsa thanzi.

Aliyense atha kuona bwino lomwe kuti kusankha kwa zakudya zomwe nyama masauzande ambiri angapereke n'zochepa kwambiri moti sizikhala ndi mwayi wosankha zimene zingakonde kudya. Amakakamizika kukhala ndi zakudya zochepa zomwe zimapezeka m'dera lawo.

Komabe, sitingathe kupeza vuto limodzi la avitaminosis kapena vuto lina lililonse lazakudya pakati pawo.

Ngati mutenga zakudya zomwe zimadyedwa ndi nyamazo ma laboratories a akatswiri a sayansi ya zamoyo, mu aliyense wa iwo adzapeza zinthu zingapo zamitundu yosiyanasiyana komanso kuchuluka kwake. Adzakuuzani kuti muchomera china muli mapuloteni ambiri, mafuta ochuluka komanso mavitamini ambiri kapena ena. Chifukwa chake pachomera chilichonse alembamo zigawo 10-15 zomwe akwanitsa kuzipeza ndipo azizindikira kuchuluka kwake chimodzi ndi chimodzi. Ngakhale mu zipatso zolemera kwambiri chiwerengero cha zigawo zomwe akwanitsa kuzipeza zakhala zochepa kwambiri. Kunena zowona, izi sizikutsimikizira kuti chilichonse mwazakudyachi chili ndi magawo khumi ndi awiri okha omwe amapezeka ndi iwo; m'malo, ndi chisonyezero kuti luso luso ndi chuma ndithu osakwanira kusanthula mokwanira ndi kudziwa qualitatively ndi quantitatively zigawo zonse amene asonkhana mu labotale chilengedwe kubereka a
Zikutanthauza kuti muzakudya zina atha kupeza mitundu yochepa chabe ya zinthu; otsalawo akhala obisika kwa iwo.

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Chifukwa chachikulu cha izi ndi chakuti zinthuzo zidapezeka ndi akatswiri a zamoyo sizinthu zazikulu za masambawo, koma ndi mankhwala omwe amawonekera mosiyanasiyana m'masamba osiyanasiyana. Polowa m'thupi la nyama, zinthuzo zimaphwanyidwa ndikupangidwanso, panthawi yomwe mankhwala atsopano amapangidwa mogwirizana ndi zosowa za chamoyo.

MASAMBA ONSE OMWA NYAMA ZIKHALA NDI ZINTHU ZOMWE ZIMODZI

Kwenikweni, masamba onse amakhala ndi magulu atatu azinthu. Chimodzi mwa izo ndi madzi, omwe tonsefe timawadziwa. Timadziwa kuti sitingakhale opanda madzi, ndipo tingakumbukire kuti madzi oyera ndi otetezeka kwambiri omwe timadziwa ndi omwe amapezeka mu zipatso ndi ndiwo zamasamba. Kenako, pakubwera roughage. Ichi ndi chinthu chomwe chimapanga chimango cha matupi a masamba, kuwapatsa mawonekedwe ndi kulimba. Ukakala suphwanyidwa ndi kuphatikizidwa mu ziwalo za nyama; amatulutsidwa m'thupi ngati ndowe. Komabe, ndizofunikira kwambiri pazakudya za nyama. Kukanakhala kuti kunalibe roughage ndipo chakudya chodyedwa ndi chiwetocho chinathyoledwa kotheratu ndi kupangidwa, matumbo sakanatha kutulutsa, ndipo m'kupita kwa nthaÿi amafota ndi kuuma. Komabe, n'zodabwitsa kunena kuti, anthu ambiri ndi osaona bwino kwambiri moti, poona kuti roughage ndi "yosagayika," amachichotsa dala m'zakudya zawo, chifukwa chake pafupifupi anthu onse amavutika ndi kudzimbidwa. M'mawu ena, chifukwa chachikulu cha kudzimbidwa ndicho kusakhalapo kwa roughage m'zakudya. Koma kuti tibwererenso ku nkhani imene tikukambitsirana, gawo lomalizira mwa magulu atatu a zinthu za mu zipatso ndi ndiwo zamasamba ndilo chakudya chenichenicho, chimene chimagayidwa mokwanira ndi kutengedwa ndi chamoyocho.

Kusiyanitsa kofunikira pakati pa masamba osiyanasiyana kumabwera kuchokera kumitundu yosiyanasiyana yamagulu atatu azinthu. Choncho, kusiyana kwakukulu pakati pa udzu ndi zipatso n'chakuti m'mphala ndi umene umakhala wochuluka, pamene chipatso chimakhala ndi udzu wochepa, wokhala ndi zakudya zambiri zomanga thupi komanso madzi okwanira. Chifukwa cha mapangidwe apadera a

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Ziwalo zawo za m'mimba ndi luso lawo losenda, nyama zinayi zimatha kuphwanya ndi kugaya udzu, kuchotsa zopatsa thanzi zomwe zimamwazikana mochepa ndi kutulutsa zina zonse m'matupi awo. Umu ndi momwe nyama zina zimapezera chakudya kuchokera ku udzu wouma kapena udzu; ngamira imatha kunyamula pamitula ya m'chipululu ndi bulu pa udzu wovuta kwambiri.

Kuchokera pa izi, titha kunena kuti masamba onse ali ndi michere yofunikira pakusamalira zamoyo zanyama, koma masamba ena amawonekera mobalalika, ena amakhala okhazikika kwambiri. Pakati pa zakudya zachilengedwe zopatsa thanzi kwambiri ndi mtedza, amondi, mbewu, nyemba, mbatata, kaloti, nthochi, mphesa ndi zipatso zina zonse, pambuyo pake pamabwera mizu ina, zitsamba ndi masamba; m'mawu ena, chakudya chimene munthu walanda m'kamwa mwa nyama zina n'kudzitengera yekha. Komabe, pamene nkhani ya kudya zosaphika ikayamba kukambirana, mwamuna yemweyo mopanda manyazi amayankha kuti: "Kodi ndingadyetse bwanji popanda chakudya chophikidwa? Mawu ochititsa manyazi kwambiri amene munthu sangapeze padziko lapansi, koma mwatsoka chizolowezi chodya mitembo chachititsa khungu anthu moti n'chimene anthu ambiri amachita. Anthu amene alibe chidziÿitso choyenerera sangazindikire kuti zinthuzo n'zolemera ndi zopatsa thanzi bwanji ndiponso kuti n'zochepa bwanji zimene zimafunika kuti tipeze zofunika pa moyo wathu wa tsiku ndi tsiku. Ine ndekha, zinanditengera zaka zambiri kuti ndiphunzire choonadi. Koma ndilankhula zambiri za izi pambuyo pake.

Zopatsa thanzi zomwe zimapezeka mumtengo wokhazikika mu zipatso za mtengo zimapezekanso zomwazika pang'ono m'masamba ake, khungwa ndi nthambi zake. Nyama yaikulu ngati giraffe imadzidyetsa yokha mwa kudya masamba amtengo. Mphukira yaing'ono ya mtengo ikamezetsanidwa pamtengo wina, imaphuka nthambi ndipo pamapeto pake imabala chipatso chofananacho. Ichi ndi chisonyezero chodziwikiratu kuti mphukira ili ndi zigawo zonse zoyambira zomwe ndizofunikira pakupanga chipatso chopatsidwa.

Tsopano, zoyambira zoyambira ndi chiyani? Ndi maatomu, omwe amatha kuonedwa ngati tinthu tating'ono kwambiri tomwe timapangana ndi mankhwala

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wa chinthu chomwe chingathe kutenga nawo mbali pakusintha kwa mankhwala, ndi mamolekyu, omwe ndi tinthu tating'ono kwambiri ta zinthu kapena gulu lomwe limatha kukhala ndi moyo wosiyana. Zomera zonse zodyedwa zimakhala ndi zinthu zomwe zimafanana, malinga ndi kuchuluka kwake komanso makonzedwe ake omwe mitundu yosiyanasiyana imapangidwa, yosiyana wina ndi mzake mawonekedwe, mtundu ndi kukoma. Komanso, clove ndi nkhosa ndi zofanana ndendende. Kalulu akalowetsedwa m'mimba mwa nkhosayo, amasintha mamolekyu ake n'kukhala nkhosa.

Pali kalata yofananayo pakati pa chipatso ndi munthu.

Zamoyo zonse za masamba ndi nyama si kanthu koma kusinthana kwamuyaya ndi kuzungulira kwa ma atomu. Apa ndi pamene zodabwitsa zazikulu ndi chilengedwe chimadzitsimikizira. Timaponyera pansi kambewu kakang'ono kakang'ono kosaposa mutu wa pini. Pambuyo pang'onopang'ono umamera pang'onopang'ono, kenako umaphuka nthambi ndi masamba, ndipo m'kupita kwanthawi umabala zipatso. Pambuyo pake amasinthidwa kukhala ng’ombe, kavalo kapena munthu amene amayenda mozungulira dziko lapansi kwa kanthaŷi ndiyeno kubweza maatomu ake pa Dziko Lapansi. Kumeneko, pansi pa chisonkhezero chowala cha kuwala kwa dzuŷa, maatomu omwewo amatsitsimutsidwanso, moyo watsopano umauziramo ndipo amasandulizidwanso kukhala zomera ndi nyama zomwezo, kuti apitirize kuzungulira kosatha kwa chilengedwe mobwerezabwereza.

Koma kuti ibereke zamoyo, thupi la ndiwo zamasamba liyenera kukhala lathunthu ndi LAMOYO. Ndiponso, sikukwanira kuti zakudya zikhale zamoyo; chakudya choyenera cha masamba chiyenera kukhala CHOCHITIKA OSATI CHOGWIRITSA NTCHITO.

Zochitika zakale zatiwonetsa kuti mbalame za khola sizikhutira nazo mbewu zouma zokha. Ndi njere zawo zowuma amafunanso chakudya chatsopano. Mitundu yosiyanasiyana ya mbewuzo kapena zakudya zatsopano sizofunikira kwenikweni. Chakudya changwiro chingapezeke posankha mitundu ina ya mbewu kapena njere ndikuwonjezera ndi mtundu uliwonse wa zipatso zamasamba.

Izi zikutifikitsa pa mfundo yofunika yakuti chakudya chabwino kwambiri chimasiya kukhala changwiro chikauma pang'ono. Ndiye

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Kodi zinthu zomwe zimachokera mu uvuni, makhichini ndi nsagwada zamakina amabangula tingazione bwanji ngati chakudya?

Komabe, nyama sizimavulazidwa kwambiri zikamamanidwa zakudya zatsopano m'miyezi ingapo yachisanu.
Pakuti iwo amapanga chopereÿera pa nthawi ya masika ndi chirimwe, pamene chilengedwe chonse chikhalanso ndi moyo. Chilengedwe chawalowetsa ku moyo woterowo. Mbeu zowuma, chimanga ndi phala ndi chakudya chamoyo, koma zili mumkhalidwe wongokhala chete. Mwamwayi, amatha kudzutsidwa mosavuta, kutsegulidwa ndikusandulika kukhala zakudya zopatsa thanzi poviikidwa m'madzi ndikusungidwa mumpweya wozizira kwa tsiku limodzi kapena awiri.
Chifukwa chake, mwa kudya mbewu zophuka (zokhazikitsidwa) zokha, munthu amakhala ndi mwayi wopeza chakudya chokwanira munyengo zonse zapachaka komanso padziko lonse lapansi. Kenako amatha kugwiritsa ntchito masauzande ambiri a zakudya zatsopano ndi zokometsera zomwe zatsalazo kuti ayambitse zakudya zosiyanasiyana komanso kuti moyo ukhale wosangalatsa.

Moyo ndi bungwe la mphamvu & nkhani. Tikafuna kupanga makina, timasonkhanitsa mbali zonse zofunika malinga ndi pulaniyo, ndipo mfundo yomaliza ikangotha, makinawo ayamba kugwira ntchito. Chinthu chimene chimachititsa kuti fakitale ya munthu iyambe kuyenda imatchedwa mzimu, umene umalumikizana ndi tinthu tina tosiyanasiyana, timamaliza mpangidwe wa chamoyocho n'kuchiyambitsa kuyenda.

Katundu Wapadera Mapuloteni, Mavitamini ndi Minerals ndi Zonse Zopatsa Zakudya Zopatsa Munthu Payekha

Asapangenso Maziko Okambirana

Mu gawo lomaliza tawona kuti masamba onse odyedwa amakhala ndi zinthu zomwezo, komanso kuti kusiyana kwa mankhwala ndi thupi lawo kumabwera chifukwa cha kusiyana kwa kapangidwe kake ndi kapangidwe ka maselo. Tsoka ilo, akatswiri a zamoyo anyalanyaza mfundo yosatsutsika imeneyi ndipo atengera sayansi yawo yonse pamagulu osiyanasiyana ocholoÿana amene apeza m'zakudya. Ataledzera ndi zopezedwa m'ma laboratories awo, iwo atsekereza maso awo pa labotale yodabwitsa ya chilengedwe imene timaperekako njere ya mbewu yaying'ono kwambiri mpaka kufika ku chisanu.

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zisawonekere m'maso ndipo zimaperekedwa, pobwezera, m'masabata angapo, ndi zakudya zabwino kwambiri zomwe zimakwaniritsa zosowa zonse za thupi lathu m'mbali zonse. Koma iwo amachitaya chowolowa manja chachilengedwe chimenecho kapena amachiwotcha ndikuchiwononga, pambuyo pake amakonza, m'ma laboratories awo omvetsa chisoni, zinthu zina zakufa zokhala ndi mawonekedwe akutali nazo. Zosakaniza zimenezi tsopano amazilemekeza ndi mayina ndi manambala osiyanasiyana, ndipo amazigwiritsira ntchito kuwononga, poyamba, ziwalo zawo ndi za ana awo osalakwa.

Motero, atapeza zinthu zingapo zosiyanasiyana mu mphesa, iwo amati kuti mphesa zili ndi zigawo zakuti-ndi-zakuti, ngati kuti mulibe china chilichonse. Amachitanso chimodzimodzi pazakudya zonse zachilengedwe komanso zosakhala zachilengedwe, ndipo zakudya zomwe amakwanitsa kupeza chilichonse mwazinthuzo zimalimbikitsidwa kwa ife ngati gwero lazopatsa thanzi. Chifukwa cha kusaonera patali koteroko, zakudya zovulaza kwambiri zimaimiridwa ngati zakudya zopatsa thanzi komanso mosiyana.

Ingotengani pensulo ndikulemba mndandanda wazinthu zomwe akatswiri asayansi apeza muzakudya zomwe zimapezeka ku ng'ombe: ng'ombe, chiwindi, ubongo, mtima, mkaka, uchi ndi tchizi. Tsopano tiyeni tiwone ngati angazindikire zinthu zonse zomwe zili mu clover, udzu kapena zitsamba zomwe zili m'mapiri mofanana. Inde sichoncho. Komabe palibe amene angatsutse mfundo yakuti zipangizo zomwe zimapita popanga thupi la ng'ombe ndizo zomera zomwezo; kutanthauza kuti ng’ombe yonse imapangidwa kuchokera ku udzu umenewo. Ngati tiwona kuti zakudya zanyama ndi chakudya chokwanira kwa chilombo chodya, ndichifukwa choti nyama yonse yanyama yokhala ndi khungu, mafupa, magazi ndi mnofu wake, komanso, ndi maselo ake onse amoyo, ali ndi thanzi lofanana. ku udzu. Koma kodi mkaka, batala kapena nyama zatenga phindu lanji? Aliyense wa iwo ali ndi gawo laling'ono la mtengo wa udzu wamba ndipo amaperekedwa kuti ali mu mawonekedwe aiwisi. Ponena za zomwe zatsalira za nutritive zigawo za zinthu pambuyo kuphika kusowa matalikidwe. Chotero, tiyenitu tizindikire phindu lenileni la chakudya cha mkaka kapena nyama, zimene zalemekezedwa kwa zaka mazana ambiri ndi anthu opanda nzeru!

Chifukwa chake, tiyeni tiweruze kufunika kwenikweni kwa zotsatsa zonsezo zimene zimakongoletsa malata ndi zitini za mitundu yambirimbiri ya mkaka wouma ndi wosakanizika.

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Chilungamo chimafuna kuti kuyambira tsopano ofalitsa malonda otere abweretsedwe ndi kulangidwa koopsa, chifukwa udindo wa imfa ya mamiliyoni a ana uli pa mapewa awo.

Ndikuvomereza kuti munthu nthawi zonse amafunitsitsa kuphunzira zinthu zatsopano, kulowa mu zinsinsi za chilengedwe, kukulitsa chidziwitso cha chidziwitso chake. Ndikofunikira makamaka kuti aliyense amene ali ndi fakitale adziÿe zinsinsi za zipangizo zofunika pafakitale yake.

Lolani asayansi ofufuza atseke kufufuza kwawo mkati mwa makoma anayi a ma laboratories awo mpaka tsiku, pamene akwanitsa kukulitsa chomera kuchokera ku njere yopangidwa kwathunthu ndi zigawo zopangira zomwe zimapangidwa m'malo awo ogwirira ntchito. Pamenepo nzeru zawo zidzafanana ndi nzeru za chilengedwe. Koma dziko lathu lapansi ladzaza kale ndi mbewu zotere, zomwe timapezamo chakudya chokwanira kwambiri chomwe chimakwaniritsa zofunikira zonse za thupi lathu. Chakudya chimenecho chilibe vuto lililonse.
Palibe chinthu chomwe chikusoweka mmenemo; palibe chinthu chosowa; gawo lililonse lili ndi khalidwe lake, kuchuluka kwake ndi ntchito yake yodziwika ndi mawerengedwe olondola kwambiri.

Amatiuza kuti tizidya mapuloteni, chifukwa mapuloteni ndi abwino pa thanzi. Koma kodi tiyenera kudya zingati? Kodi pali chiÿerengero chomwe timavomereza pazofunikira zathu zatsiku ndi tsiku? Njerwa ndi zofunika pomanga nyumba, koma ndithudi sitingathe kuunjikira njerwa mosasankha kapena kuyanjika wina ndi mnzake popanda matope.

Amisiri atsopano alowa m'bwaloli. Iwo athawa kwawo injiniya wodziwa zambiri zamafakitale angapo ovuta ndipo tsopano akufuna kusamalira ndi kuyendetsa mafakitale amenewo okha.
Kulikonse kuli zidutswa za zipangizo zowunjika mwachisawawa.
Aliyense wa iwo mwachisawawa amatenga chilichonse chimene angathe kuchigwira ndi kuchidyetsa ku fakitale. Wina abweretsa miyala, wina chitsulo; lachitatu linyamula dongo, lina lachinayi linyamula madzi. Zonsezi amazipanga pamodzi popanda ndondomeko yokhazikika kapena mapangidwe, ndiyeno amapita kukatenga zowonjezereka. Zambiri organic ndi inorganic zinthu mosalekeza kupanga awo

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maonekedwe. Mmodzi amadyetsa makinawo ndi zinthu zinazake zodzaza dzanja, ponena kuti ndizothandiza; wina amaudzaza ndi chidebe chodzaza ndi chinthu china, akunena kuti ndi wothandiza kwambiri. Chifukwa chake aliyense amatsamwitsa fakitale ndi chilichonse chomwe akuganiza kuti chifanane ndi zida zake zopangira. Kuyesera kumapangidwa, kuyesa kosatha. Kumbali ina, anthu ambiri opusa awotcha zinthuzo; Kumbali ina, aliyense ali pa liwiro lothamanga kuti atole zotsalira zomwe angathe kuchokera m'phulusa lofuka ndi kuzidyetsa m'mphuno ya fakitale.

Mwachibadwa, fakitale imayamba kugwira ntchito mosakhazikika. Zambiri fakitale imagwira ntchito mosakhazikika, m'pamenenso akatswiri achicheperewa amachulukitsa khama lawo. Amathamanga uku ndi uku kuti ayang'ane njira zatsopano ndi zipangizo zatsopano. M'chipwirikiti chimenecho amapondereza, kuwononga kapena kuwotcha zinthu zofunika kwambiri pazamankhwala, zigawo zomwe nthawi zina zimakhala zazing'ono kwambiri kuti sizingawonekere. Pamene awona kuti zoyesayesa zawo zilibe phindu ndi mkhalidwe wa fakitaleyo pang'onopang'ono uchoka pakuipa kumka kuipiraipira, iwo amapitabe m'chipululu ndi kupeza zinthu zatsopano kotheratu zimene ziribe chigwirizano nkomwe ndi zopangira za fakitale, ndipo yesetsani kuwongolera magwiridwe antchito a mbewu zawo ndi chithandizo chawo. Kwa kanthawi, chimodzi mwa zinthu zatsopanozo chimayimitsa kulira kwa fakitale, china chimasokoneza phokoso lake loboola, chachitatu chimachepetsa kuthamanga kwa machitidwe ena, pamene chachinayi, mosiyana, chimawafulumizitsa kwambiri. Kusintha uku kumawoneka ngati zizindikiro zabwino kwa iwo; amadumpha mosangalala ndi kuwomba m'manja ngati ana aang'ono, ndiyeno amayamba kufunafuna zinthu "zamphamvu ndi zogwira mtima kwambiri". Nthawi zina, mbali zina za fakitale zimasiya kugwira ntchito kapena zimangogwira ntchito mosadukizadukiza kotero kuti zingawononge chitetezo cha anansi awo. Apa ndipamene amuna amawonetsa luso lawo lalikulu. Iwo amachotsa mwaluso ndi kutaya mbali "zopanda ntchito" zimenezo.

N'zosadabwitsa kuti zoyesayesa zonsezo zimathera m'kulephera kotheratu ndipo motsatizanatsatizana mafakitale akuchotsedwa ntchito posachedwapa. Koma akatswiri opanga ma bungling sataya chiyembekezo.

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Iwo amalimbikira m’zoyesayesa zawo zakuthengo, akukana kukumbukira injiniya weniweni wa mafakitale amenewo, chikhalidwe chawo, chimene iwo anachikana.

Kuyerekeza kosalekeza kwa thupi la munthu ndi fakitale sikumachitidwa m’lingaliro lophiphiritsira. Pakuti thupi la munthu ndi fakitale monga mafakitale ena onse, ndi kusiyana kumeneku kuti ndi kovuta kwambiri kuposa fakitale wamba ndipo zigawo zake ndi zazing'ono kwambiri moti zambiri zimakhala zosaoneka komanso zosamvetsetseka kwa anthu.

Monga mainjiniya omwe ali pamwambapa, akatswiri athu azamoyo amachita zoyeserera pa anthu pogwiritsa ntchito zida zoopsa kwambiri zomwe zili m'manja mwake, ndi zakudya zopanda pake zomwe zingatheke, mwa makonzedwe osiyanasiyana opangidwa ndi ziphe zakupha zodziwika kwa anthu. Amasindikiza mindandanda yosatha yokhala ndi mayina osasinthika azinthu ndikusokeretsa anthu ndi malingaliro awo osokeretsa. Aliyense amanena zomwe amakonda, aliyense amalankhula zomwe zimabwera m'maganizo mwake, kuchita mwachisawawa, motsatira chala chachikulu.
Iwo amadzaza masauzande a mavoliyumu ndi kusefukira dziko lonse lapansi, iwo amagunda pawailesi, amasindikiza zotsatsa m'manyuzipepala.
Koma zonse zomwe amachita ndi zabodza, zomwe akunena zimatsutsana.
Amayimira chinthu chovulaza kwambiri ngati chopindulitsa kwambiri, koma amaletsa kugwiritsa ntchito chomwe chili chofunikira. Munthawi yachisokonezo ndi chisokonezo ichi, olemba nawonso amafufuza movutikira ndi kukayika, pomwe omvera awo akuyima odabwitsidwa komanso odabwitsidwa.
Pakali pano, tsoka, awo omwe ali pafupi nafe amachoka m’moyo uno mwa mamiliyoni, mosafunikira nthaŷi yawo isanafike.

Ndikupempha amuna onse anzeru padziko lonse lapansi kuti atuluke za kusayanjanitsika kwawo kwaulesi ngati kokha chifukwa cha thanzi lawo komanso la kith ndi abale awo. Aloleni agwirizane nane chanza kuti ndi mphamvu ya umodzi wathu titsegule maso a anthu, tikonze zizolowezi zolakwika za kadyedwe kameneka ndikuletsa kuphana koopsa.

Aliyense wa ife atsegule maso ake ndikuyang'ana mosamalitsa zonyansa zochititsa manyazi zomwe zimanyozetsa chitukuko chamakono. Kupyolera mu malingaliro olakwika otengedwa ndi asayansi athu, opindula ndi ongoyerekeza alowa m'munda.
Zakudya zovulaza kwambiri komanso zoipitsidwa kwambiri zimatsatiridwa mwaulere ngati magwero olemera a mavitamini ndipo ndi

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zogulitsidwa poyera kwa anthu. Amaphatikizapo masikono, maswiti, zakumwa zozizilitsa kukhosi monga Coca-Cola ndi mandimu, nyama zowola, mkaka wouma ndi masauzande a zakudya zina zosiyanasiyana, zomwe zasowetsedwa kotheratu zopatsa thanzi ndipo ndizosavuta kuyambitsa matenda ndikupha anthu. Zinthu zochititsa chidwi kwambiri zimasonkhanitsidwa kuchokera apa ndi apo, zosakanizidwa pamodzi, zodzazidwa mu malata ndi makatoni, zolembedwa ndi kuluma kwautali kwa mayina a ziweto zomwe zimawoneka ngati zasayansi ndikugulitsidwa kwa anthu osasamala monga kukonzekera "dietetic" pamtengo wokwera kwambiri Kufikira kumlingo woterowo mankhwala amakono akhala akugulitsidwa kotero kuti ma laboratories abizinesi amalipira ndalama zokwana 50 peresenti kwa madokotala pazifukwa zoperekedwa kwa odwala otumizidwa kwa iwo. Munthu angafunike kudzaza mavoliyumu mazanamazana ngati akufuna kufotokoza mwatsatanetsatane za kuipa konse kumene kulipo m'dziko lamakono. Panopa sindili pa nthawi yopuma kuti ndigwire ntchito imeneyi.

Panthawiyi, akatswiri a zamoyo amapeza vitamini wina pa kafukufuku wawo. Patapita nthawi, amapeza kuti si chinthu chophweka, koma chopangidwa ndi zinthu khumi ndi ziwiri, zomwe amasankha dzina. Pang'ono ndi pang'ono amaona kuti vitamini wina sasonyeza mphamvu zake popanda ena, kapena amaona kuti akalowetsedwa m'thupi, chinthu china chimasintha n'kukhala china ndi zina zotero.

Zotsatira za mavitamini ochita kupanga pa thupi la munthu zimawonekera komanso zimatsutsana. Amuna amayala njerwa za mzere umodzi wa nyumba popanda matope, ndiyeno, kuti akonze cholakwacho, amakonza mbiya yaikulu yodzaza ndi dothi lochepa kwambiri ndi kulithira panyumbayo nthawi imodzi. Kumamatira kunja kunja kwa njerwa, matopewo amateteza nyumbayo ku mphepo ndi mvula kwa kanthawi, koma samalowa m'magulu pakati pa njerwa ndipo, ndithudi, sichimafika pamagulu amkati. Nthawi zina matope onyengawa amagwiritsidwa ntchito mopitirira muyeso; ndiye kuti nyumba iliyonse imene maziko ake ndi ogwedezeka, imagwa. Izi ndi zomwe zimachitika nthawi zina pa jakisoni wa mavitamini, wodwala akamwalira atangolandira jakisoni. Kodi chimodzi chitha bwanji kuyimira ngati chopatsa thanzi chomwe kuchuluka kwake komwe kumapha munthu mkati mwake

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mphindi zisanu za kulowa kwake m'thupi la munthu? Kodi ndi liti pamene anthu adzasintha maganizo n’kusiya kupusa kumeneku? Mosasamala kanthu za zolephera zambiri, zokhumudwitsa ndi masoka, amuna amalimbikira m’njira yawo yolakwa ndi yowopsa, akumakana kubwerera m’mbuyo sitepe limodzi.

Mabuku atsopano amawonekera mosalekeza; mindandanda yatsopano ndi malingaliro amawonjezeredwa nthawi zonse kwa akale ndipo chigumula chosatha cha ziphe chimayenda pang'onopang'ono kuchokera kumafakitale kupita ku ziwalo za amuna. Momwe zilili, masauzande ambiri alembedwa pazakudya ndi nkhani zokhudzana nazo, onse okhala ndi malingaliro ndi malingaliro osiyanasiyana, tsatanetsatane ndi zambiri, mindandanda ndi matebulo osiyanasiyana.

Tiyeni tiyerekeze kwa kamphindi kuti mabuku olembedwa pa munthu payekha mavitamini ndi zina zopatsa thanzi, malangizo a zakudya ndi mndandanda wa zakudya zapaderazi zonse zoona. Pamenepo tingadabwe ngati ilidi lilidi dongosolo lothandiza la zakudya zaumunthu ndi ngati awo amene akufuna kukhala m’dziko lino ali pansi pa kufunikira komvetsa chisoni kwa kuphunzira mabuku onsewo pamtima. Nangano n’chiyani chidzachitikire anthu miyandamiyanda amene amakhala m’mapiri ndi m’zigwa, m’midzi yakutali ndi midzi yakutali, ndipo alibe mwaÿi wa kuzoloÿerana ndi ndandanda ndi matebulo oterowo? Kodi ayenera kufa ndi njala?

Ayi, abwenzi abwino, dzukani m'masautso anu, pakuti iyi si njira ya moyo yoikidwiratu kwa munthu. Moyo wonga umenewo suli moyo konse; ndi maloto owopsa. Tiyenera kubweretsa kusintha kotheratu komanso pompopompo pamalingaliro athu pankhani yazakudya.
Zofalitsa zokhudzana ndi zakudya zopatsa thanzi komanso zakudya ziyenera kuyimitsidwa ndipo zolemba zonse za mavitamini ochita kupanga ndi mankhwala oopsa ziyenera kusiyidwa nthawi yomweyo.

Pali njira imodzi yokha yopulumutsira anthu ku zoopsazi kamodzi kokha, ndiyo kuyambitsa kusintha kwakukulu m'makhalidwe athu ndi zizolowezi zathu za kadyedwe. Zizolowezi zimenezi ziyenera kusinthidwa m'njira yoti zigwirizane ndi kugwirizanitsa dongosolo loyenera la kadyedwe ndi moyo wa munthu. Zikatero, kusankha pakati pa zopatsa thanzi sikudzakhalanso ndi cholinga chilichonse ndipo anthu saganiziranso za zakudya zinazake. Okhawo mokwanira bwino

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zakudya ziyenera kusungidwa kunyumba monga zopatsa thanzi zofanana; Mwa kuyankhula kwina, chakudya chilichonse chimene munthu amadya chiyenera kukhala chopatsa thanzi pachokha.

Owerenga sayenera kuganiza kuti n'kovuta kwambiri kutsogolera anthu onse panjira yodabwitsayo. Zimangowoneka choncho pamtunda. Ndadutsa magawo ake onse ndekha, ndikudziwa kuti, osati kukhala kovuta, ndi ntchito yosavuta kwambiri, yomwe ndili wokonzeka kuperekera nthawi yanga yonse ndi mphamvu.

Tiyenera kupanga mikhalidwe yotereyi yomwe ingapangitse kuti olemera ndi osauka, akuluakulu ndi ang'onoang'ono, ophunzira komanso osavuta akhale ndi moyo wathanzi popanda kukhala ndi udindo wosankha pakati pa zakudya zomwe amadya. Ndiye kusankha kwa chakudya kudzatsimikiziridwa ndi kamvedwe kathu ka kukoma, zofuna ndi zokhumba zomwe zidzakhala chitsogozo chathu chosalakwa pakusankha zakudya zachilengedwe.

Tikhoza kudabwa, pambuyo pake, zomwe akatswiri a sayansi ya zamoyo amafuna ndi chiyani Cholinga chawo chachikulu ndi. Mwina iwowo alibe lingaliro lomveka la cholinga chawo chomaliza, koma ndiwauza. Iwo akuyesera kuti adziwe mtundu wa zinthu zomwe thupi lathu limafunikira kuti tikhale ndi moyo wathanzi. Amafuna kudziwa momwe vitamini aliyense amagwirira ntchito komanso mchere uliwonse m'thupi lathu. Amapeza kuti vitamini inayake imalimbikitsa kukula, ina imateteza ku matenda, yachitatu imalimbitsa mano, ndi zina zotero. Koma m'malo moti adziloÿetse m'mavuto onsewo, kodi sikukanakhala bwino ngati atachezera nkhalango za mu Afirika kwanthaÿi imodzi yokha ndi kufunsa njovuzo kuti ndi mapiritsi otani a kashiamu amene zimamwa kuti zikumetse minyanga ya njovu yolimba, kapena mitundu ya mapuloteni otani. adadya kuti aunjikire unyinji wawo waukulu?

Tiyeni tiyerekeze kuti atagwira ntchito mosalekeza kwa zaka masauzande ambiri pamapeto pake akwaniritsa cholinga chawo. Kenako azitha kuzindikira zonse zomwe zili munjere yatirigu kapena masamba ena amasamba ndikumvetsetsa tsatanetsatane wa ntchito zawo m'thupi lathu. Koma zimene afuna ndi mtima wonse zili kale m'manja mwao, ndi mocurukanso. Choncho iwo adafika pamwamba pawo

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cholinga, cholinga chomwe sakanayembekezera kufikira m'ma laboratories awo patatha zaka zikwizikwi. Afunanso ciani?

Koma wowerenga sayenera kuganiza kuti akatswiri a zamoyo ndi anthu opanda nzeru. Iwo ali ndi zifukwa zochitira momwe amachitira ndipo malinga ndi momwe iwo amaonera iwo ali zifukwa zamphamvu ndi zomveka. Pakuti asayansi ndi “otukuka ndi otukuka” anthu; sali anthu akale amene amakhala m’nkhalango zakuda, kapena kukhala m’makola ndi m’makhola. Ndiyeno kodi angasiye bwanji buledi wawo woyera, makeke awo okoma ndi makeke okoma kwambiri n’kudzaza m’kamwa mwawo ndi tirigu wosaphika, monga mmene amachitira anthu olusa? Ndizowona, zachidziwikire, kuti pakusandutsa tirigu wathunthu ndi wosadetsedwa kukhala mkate woyera kapena makeke, kupatulapo wowuma wakufa ndi shuga, magawo ake onse makumi masauzande azakudya amawonongeka, koma izi sizikuwoneka kuti zimawadetsa nkhawa. Salola kuti tiiwale kuti wowuma wopanda moyo ndi shuga, nawonso, ali ndi "ubwino" wawo. Amapereka ma calories ofunikira kuti apereke kutentha kwa thupi lathu, pamene zofuna za ziwalo zathu, glands ndi mitsempha zimakhutitsidwa ndi zinthu zodabwitsa za "sayansi" monga mavitamini ochita kupanga, kukonzekera kwa mchere, mahomoni onyenga ndipo koposa zonse kuchuluka kwa ziphe, kupambana kwambiri. wina mu mphamvu ndi potency.

Pomaliza, nchiyani chingachitike ndi mafakitale, zipatala, madokotala, anamwino, malo ogulitsa mankhwala, zida zopangira opaleshoni ndi zida zina zofananira? Ndi khama lotani nanga lomwe silinapangidwe pozigula ndi ntchito zotani zomwe sizinagwiritsidwe ntchito pozimanga! Kodi akanasiya bwanji “zopambana” zonsezo chifukwa cha tirigu waung’onowo? Sitingalingalire n’komwe za zimenezi, makamaka ngati tingathe kuchitadi. Zilibe kanthu ngati zikwi, ayi, mamiliyoni a anthu amafa ndi matenda a mtima, khansa ndi matenda ena. Posapita nthaŷi anthu ayenera kufa, chotero kodi sikuli bwino kuti iwo afe msanga ndi kudzimasula okha ku zowawa ndi zowawa za dziko lino? Kodi kukhala ndi moyo mpaka zaka 200 m’dziko limene anthu akuchulukirachulukira kuli bwanji? Musadabwe kumva kuti pali anthu omwe ali ndi malingaliro otere. Kunganenedwedi kuti unyinji wa anthu, akhungu monga momwe alili ndi kumwerekera kwa kudya mitembo, amalingalira motero lerolino. Koma ndikulengeza kwa dziko lonse lapansi kuti ANTHU ONSE AYENERA

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WOMWE ZINTHU ZOMERA M'BOMA LAIWIRI. UYU NDI LAMULO LA CHILENGEDWE.

Komabe, sindikukana kuti nthaÿi yonseyi akatswiri a zamoyo akhala akufunitsitsa kutumikira anthu. Koma ataona kulephera kwa zoyesayesa zawo, ayenera kusintha njira yawo yowopsa mosazengereza ndipo ayenera kuleka nthaÿi yomweyo kufalitsidwa kwa mabuku onse okhudza nkhanizo; Kukapanda kutero, iwo adzakhala oyenera themberero la mibadwo yakudza. Popeza ndasonkhanitsa mfundo zonse zotsutsana ndi ziÿerengero zopezeka m'mabuku onena za kadyedwe kabwino, ndapeta mosamalitsa ndi kusanthula umboni umene ulipo ndipo ndapeza mfundo yaikulu yakuti kuyambira pano anthu onse ayenera kuganiza mofanana ndi kuganiza mozama. kudya mofana Pankhani imeneyi, sipayenera kukhala kukayikira kapena kutsutsa.

Chifukwa chake, popeza kuti mabuku omwe asindikizidwa mpaka pano okhudza zakudya zopatsa thanzi komanso zakudya zosiyanasiyana achita ntchito yawo, onse ayenera kuchotsedwa kuti asagawidwe kuti malingaliro a anthu asasokonezedwenso ndi ziphunzitso zawo zosamveka komanso zotsutsana. . Mwa kuyankhula kwina, mabuku onse omwe amakhudza ntchito ndi "ubwino" wa mapuloteni, chakudya, mafuta, mavitamini ndi mchere ayenera kuletsedwa. Momwemonso m'mabuku onse oopsa omwe amayesa kutsimikizira kuti phindu la zakudya zina limakhala muzakudya zina zomwe zilimo.
Ngakhale mabuku aja amene olemba awo amayesa kutsimikizira ukulu wa mitundu ina ya zipatso powayerekezera ndi ena ayenera kuonedwa kukhala opambanitsa. Nthawi zambiri, kafukufuku wamtsogolo atha kulunjika pakuyesa kuyesa kwanthawi zonse kuti apereke chidziwitso chofunikira kuti adziwe kuchuluka kwa chitukuko ndi ubwino wa gulu limodzi lazakudya poyerekeza ndi magulu ena. Mwachitsanzo, kafukufuku angapangidwe kuti atsimikizire kusiyana kwakukulu pakati pa zipatso, chimanga, phala, mtedza, masamba obiriwira ndi mizu, ngati kusiyana koteroko kulipodi.

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Kuyambira pano, iyenera kukhala udindo waukulu wa olemba onse omwe akupita patsogolo, asayansi, madokotala, atolankhani ndi anthu othandiza anthu kusonyeza kwa anthu onse mbali zonse za kuwonongeka kwakukulu komwe kumabwera chifukwa cha kuchepa kwa zakudya zachilengedwe komanso kulimbikitsa anthu kuti azigonjera mopanda malire. za chilengedwe.

Thupi Leniweni ndi Thupi Lonama

Munthu wokonda kudya chakudya chophikidwa kwenikweni amakhala anthu awiri mwa mmodzi; ali ndi matupi awiri. Thupi loyamba, MUNTHU WENIWENI, ndiye mwamuna weniweniyo, amene waitanidwa kukhalapo mwa chakudya chachibadwa ndipo amachirikizidwabe ndi zakudya zachibadwa. Thupi lachiŷiri, MUNTHU WABODZA, lapangidwa ndi chakudya chosakhala chachibadwa, chophikidwa, chochita kupanga ndipo likupitirizabe kukhala ndi chakudya chosagwirizana ndi chilengedwe chokha.

Maselo onse a m'thupi la munthu omwe, pokhala athanzi, apadera komanso ogwira ntchito, amakhalabe ndi moyo ndikusunga munthu kumapazi ake amamangidwa, amadyetsedwa, amayendetsedwa ndikusinthidwa ndi zakudya zachilengedwe. Amenewo ndi maselo amene amapereka mphamvu ku minofu, amayendetsa kugunda kwa mtima, kutumiza zilakolako za ubongo ku thupi ndi kupanga zotsekemera. Pambali pa maselo otukuka kwambiriwa palinso maselo ena omwe amafanana kwambiri ndi maselo abwinobwino, koma amakhala ndi zoyambira kwambiri, alibe makina ofunikira komanso makina opangira ntchito zapadera ndipo nthawi zambiri amakhala ofooka komanso amadwala. Maselo amenewa amabadwa, kubereka ndi kuchulukitsidwa kotheratu chifukwa cha zakudya zosakhala zachibadwa komanso zoipa.

M'thupi la munthu wokonda chakudya chophikidwa, mwamuna weniweni amakhala ndi zochepa kwambiri chipinda ndithu. Ngakhale munthu wowonda kwambiri, gawo lalikulu la thupi limapangidwa ndi maselo osagwira ntchito.

Chiwalo chilichonse kapena chiwalo chilichonse chimafunikira ma cell angapo omwe amagwira ntchito komanso apadera, koma ma cell ofunikirawo akangopangidwa, kupanga ma cell owonjezera mu chiwalocho kumayima,

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Apo ayi, chikanakula mpaka kukula mopambanitsa. Tsopano, chifukwa ma cell omwe amagwira ntchito amangobwera chifukwa cha chakudya chachilengedwe, pomwe wokonda zakudya sapatsa thupi lake kuchuluka kwa zakudya zachilengedwe, chiwalocho chimakakamizika kuthetsa kuperewera kwake ndikusunga kukula kwake m'malire oyenera posonkhanitsa chakudya. kuchuluka kwa maselo osagwira ntchito opangidwa kuchokera ku chakudya chophika. Maselo opanda pake komanso a parasitic oterowo amachuluka m'zigawo zonse ndi machitidwe a munthu wokonda zakudya, osapatula mafupa, misomali ndi tsitsi.

Komabe, thupi la anthu ena limathabe kulimbana ndi zakudya zopanda chilengedwe kwa nthawi inayake. Zoonadi, zimatopa kwambiri kuti ziteteze mapangidwe a munthu wonyenga ndi kuchepa kwa njala, matenda a m'mimba, nseru, kusanza, kusowa tulo, mutu ndi njira zina zofananira. Anthu osawona bwino amawona zizindikiro zodzitchinjiriza ngati zizindikiro za kufooka kwa thupi, kotero m'malo moletsa kudya zakudya zosagwirizana ndi chilengedwe, amalimbikitsa kuzigwiritsa ntchito kwambiri kuti "adyetse ndi kulimbikitsa" wodwalayo. Ndipo pamene pansi pa kumenyedwa kosalekeza kwa zakudya "zopatsa thanzi" kulimbana kwautali, kokoka kumafika pamapeto omvetsa chisoni ndi kugonjetsedwa kwa mwamuna weniweni, chamoyocho chimakakamizika kusiya kukana kwake kolimba ndi "kuzolowera" ku zakudya zosakhala zachilengedwe. Ichi ndi chizindikiro cha kubadwa kwa munthu wonyenga, yemwe posakhalitsa amayamba kudya ngati nkhandwe ndikukula mosaletseka. Komabe anthu osawona bwino amawona kukula kumeneku ngati chizindikiro chotsimikizirika cha kuchira.

M’kupita kwa nthaŷi kukana kumeneko kunacheperachepera, ndipo lero siteji yafikira pamene ana ambiri amabadwa ndi matupi aŷiri. Ana oterowo amayamba kukulitsa munthu wonyenga ngakhale asanabwere m’dziko. Mutha kuona munthu wabodza pa masitepe aliwonse pamatako ndi miyendo ya akazi, pamasaya onenepa a ana, pamiyendo ndi makosi a amuna, ndi kwina kulikonse. Munthu wonyenga amapeputsa zifanizo zokongola za namwali achichepere m’moyo wawo wauchikulire, amalepheretsa anthu achikulire ntchito yawo. Imalowa mu mtima, impso, mitsempha ya magazi, tiziwalo timene timatulutsa timadzi ta anthu ndipo imalepheretsa ntchito zawo. Nthawi zambiri, zimatengera mwamuna weniweni m'manja mwake ndipo pang'onopang'ono amamufinya ndikumunyonga.

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Pamene wokonda chakudya chophikidwa akhutiritsa njala yake mwa kudya zipatso zina, zimatanthauza kuti panthaÿi imene mwamuna weniweni wakhuta mokwanira ndipo alibenso chikhumbo cha chakudya. Koma munthu wabodzayo sanalandireko gawo la zakudya zakuthupi, kotero afuna chakudya chake chapadera tsopano. Chomwe chimapangitsa zinthu kukhala zomvetsa chisoni kwambiri ndi chakuti amasonyeza zilakolako zake zoipa kudzera mkamwa mwa mwamuna weniweni. Kulakalaka chakudya chophika ndiko kulakalaka kwa chilombocho ndipo sikulumikizana ndi zofuna za mwamuna weniweni. Chilakolako chimenecho chimasintha kukhala kususuka panthawi yomwe zilakolako ziwiri zankhanza, kumwerekera ndi zilakolako zoipa, zimalumikizana.

Apa ndi pamene mwamuna weniweni, popanda kulingalira kapena kulingalira, amachita ntchito yonyansa kwambiri. Amagwira ntchito mosalekeza tsiku ndi tsiku, amapeza ndalama ndi ululu waukulu ndi mavuto, ndiyeno, ndi ululu wokulirapo ndi mavuto, amasandutsa zakudya zachilengedwe zomwe wagula ndi ndalama zake zolimba kukhala zinthu zovulaza, ndikuzilowetsa m'thupi lake kudzera m'thupi lake. pakamwa pake, amazigaya mu ngalande yake ya chakudya, amazilowetsa m’mwazi wake ndi kuzipereka kwa chilombo chimenecho, mdani wake woopsa kwambiri, amene amamulera ndi kumulera pachifuwa chake ndipo thupi lake lonyansa amalinyamula mosalekeza paminofu yake yofooka.

Apa, ndiyenera kufunsa akatswiri a zamoyo omwe amavomereza mapuloteni ndikuyika ziyembekezo zabodza pa mphamvu ya mavitamini ochita kupanga, kaya samvera chisoni amuna ndi akazi omwe amanjenjemera ndi kunjenjemera pamene akuyenda mumsewu, osakhoza kutulutsa kulemera kwakukulu kwa thupi. munthu wonyenga pa miyendo yawo yofowoka. Kodi chikumbumtima cha anthu amenewo chili kuti? Kodi unyinji wa mafuta ndi mnofu wopanda pakewo suwapatsa chakudya chilichonse cholingalira? Kupatula apo, corpulence ndi chipatso cha mapuloteni awo "okwanira bwino" anyama ndi mkate woyera "wosagayika". Ingoyesani kulanda anthu onenepa amenewo mkate ndi nyama, ndi kuwadyetsa kwakanthawi ndi malamulo oyambira achilengedwe, ndiye zindikirani momwe milu ya adierekezi imasungunuka ndikuzimiririka mkati mwa miyezi in

Tikaganizira momwe tingachotsere zinthu zosafunikirazo mosavuta milu ya mnofu ndi zotsatira kuchira kwathunthu ndi losavuta ndi

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njira yachilengedwe, tingadabwe kuti chifukwa chiyani anthu apamwamba amaphunziro amatha kugwiritsa ntchito njira zowopsa komanso zopanda nzeru, popanda chiyembekezo chilichonse chopambana.

Munthu wabodza samapangidwa ndi maselo ofooka okha, komanso a madzi ochulukirapo, mafuta, ma concretions, mchere, ziphe ndi zinthu zina zovulaza, zomwe zalowa ndikufalikira m'miyendo ndi minyewa yamunthu weniweni. Matenda aliwonse, mosapatula, amaitanidwa kukhala m'maselo a munthu wonyenga. Ndi m'maselo a munthu wabodza, nawonso, momwe khansara imabadwira.

Matenda Amadza Ndi Kuphwanya Malamulo a Chilengedwe

Pakhoza kukhala zifukwa ziwiri zokha zowonongera fakitale: kusowa kukwanira kwa zinthu zake zopangira ndi kuwonongeka kwamwadzidzi kochokera kunja. Sipangakhale chifukwa china. Zowonongeka zomwe zimakhudzidwa ndi thupi laumunthu kuchokera kuzinthu zakunja (kuwotcha, kuvulala, poizoni, ndi zina zotero) zimamveka mosavuta ndipo palibe kusagwirizana pa njira zomwe zingagwiritsidwe ntchito pochiza.
Zina mwazowonongeka zakunja zingaphatikizepo kuwonongeka kwa thupi ndi mankhwala onse odzipangira okha, mavitamini opangira, mchere, mowa, chikonga, tiyi, khofi, komanso poizoni wambiri womwe umalowetsedwa m'thupi ndi chakudya chophika. ndipo amasungidwa m’chiwalo chilichonse.

The okha zogwirizana ndi opanda cholakwa zipangizo kwa munthu zamoyo ndi zomera zosaphika zomwe zimatsimikiziridwa ndi chilengedwe. Kusintha kwakung'ono kumene kumapangidwa m'matupi amenewo kumatanthauza kusokoneza mgwirizano wa zipangizo za fakitale yoperekedwa; izi, zikutanthauza kusokoneza ntchito yoyenera ya fakitaleyo; m’mawu ena, amatanthauza matenda. Mogwirizana ndi malamulo a chilengedwe, izi ziyenera kuonedwa ngati axiom, yomwe sikuyenera kukhala kukayikira kulikonse kapena kusiyana maga
Zopangira za fakitale ya anthu zimatchedwa NOURISHMENT.

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Chilengedwecho chinapanga zinthu zofunika kwambiri kwa munthu ndi mawerengedwe olondola kotero kuti tikayika mabulosi a mphesa mkamwa mwathu, mabulosi ang'onoang'ono amathyoka ndikufalikira chamoyo chonse kuti apereke zosowa zake zonse popanda kupatulapo. Mabulosi amenewo amayamba kupanga mawonekedwe oyambira a maselo osavuta, kenako amapanga njira zonse zamkati za maselo osiyanitsidwa, amapereka zida zofunika kupanga, kuyeretsa ndi kudzoza zigawo zonse zagawo ndikukonzanso zomwe zawonongeka, m'malo okalamba ndi okalamba. maselo otopa ndi maselo achichepere, amapereka mafuta ku injini ndi kuzipangitsa kuti ziyende, zimapatsa thupi kutentha ndi nyonga zomwe zimafunikira, ndipo amachita ntchito ina iliyonse yofunidw

Wowerenga angadabwe kuti zimatheka bwanji kuti pali anthu omwe nthawi zina sadya chipatso chilichonse kwa milungu kapena miyezi ingapo koma amatha kukhalabe ndi moyo. Yankho ndiloti, nthawi zambiri, ngakhale munthu wokonda kudya wophika kwambiri amadya zakudya zosaphika nthawi ndi nthawi. Nthaÿi zina maselo abwinobwino amavutikadi ndi njala kwa milungu ndi miyezi, koma chifukwa chakuti zipatso zimakhala zofupika kwambiri ndi zakudya zopatsa thanzi kwambiri, unyinji wochepa wa iwo umathandiza munthu kuti ayende. Koma ngati kuti njala ndi mopanda nzeru yaitali (kwa mutu yekha samva njala imeneyi), pali kuonekera mu chamoyo zosiyanasiyana matenda, zilonda ndi matenda, aakulu kwambiri amene ndi scurvy.

Panthawi ya scurvy pali kuwonongeka kwapang'onopang'ono kwa maselo, chifukwa cha kusowa kwazinthu zopatsa thanzi. Pambuyo pake, makoma a capillaries amayamba kuphulika, zomwe zimapangitsa kuti magazi achuluke. M`kamwa tsopano kumakhala kowawa kwambiri, mano amagwa ndipo thupi lonse la wodwalayo lili ndi zilonda. Poona anthu afupikitsa matendawa ndi chifukwa cha kusowa kwa vitamini C. Zakudya zonse zophika, mankhwala ndi mavitamini ochita kupanga padziko lapansi alibe mphamvu zopulumutsa moyo wa wodwalayo. Ngati sadya zipatso kapena masamba atsopano, imfa yake imakhala yosapeÿeka.

Chilengedwe chakhala chokomera anthu kwambiri, koma munthu amapezerapo mwayi pakuchita izi. The American cytologist EV Cowdry

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akuti: "Kutayika kwa chuma chakuthupi cha ntchito yophunzitsidwa bwino ndi maselo omwe akhala oopsa sikoopsa, chifukwa pali zotsalira zamitundu yonse ya maselo apadera omwe angaperekedwe ngati akufunikira, otchedwa physiologic reserves. ya adrenal cortex, 1/2 ya mapapo, 3/4 ya chiwindi, 4/5 ya chithokomiro ndi kapamba ndi ndulu zonse zitha kuchotsedwa mosamala" (CANCER CELLS, Philadelphia ndi London, 1955, p. 11). Ngakhale katswiri wodziwika bwino wa cytologist padziko lapansi sawona mwachidule kotero kuti samawona kutayika kwa magawo asanu ndi anayi a magawo khumi a gland kukhala kowopsa kwa chamoyo; kutayikako kumawonekera kwa iye kokha pamene chamoyo chopatsidwacho chasiya kugwira ntchito palimodzi. Koma kafukufuku wa Cowdry afika potsimikizira chikhulupiriro cha anthu odya zosaphika kuti kuchepa kulikonse kwa kudya zakudya zosaphika kumatsatiridwa ndi kuchepa kwachiÿerengero cha maselo okangalika, motero, m'kukhoza kugwira ntchito kwa chiwalo kapena chiwalo china. Nthawi zambiri ziwalo za munthu wophika kudya amakhalabe ndi moyo ndi ntchito ya gawo limodzi mwa magawo khumi kapena gawo limodzi mwa magawo asanu a maselo abwinobwino.

PAMENE ACCOUNT YOFUNIKA IMATENGEDWE MWA MALAMULO A CHILENGEDWE CHIFUKWA CHA MATENDA PALIBE CHOBISIKA; zonse zimamveka ngati masana. Kuchuluka kwa maselo abwinobwino, omwe amagwira ntchito kumachepa chifukwa cha kuchepa kwa zakudya zachilengedwe zomwe zimadyedwa, ma glands ndi ziwalo zimalephera kugwira ntchito ndipo zokolola zimakhala zosauka, zosakwanira komanso zopanda pake, chifukwa cha kusowa kwa zinthuzo. Zotsatira zake, zotupa ndi ziwalo zopatsidwa zimadwala. Kachiÿirinso, chifukwa chakuti kutsala maselo ochepa chabe ogwira ntchito ndipo otsalawo ali ndi njala ndi kutha, makoma a mtima amasweka ndipo ma valve amawonongeka; ziwalo zapakhungu, matumbo, m'mimba ndi ziwalo zina za thupi zomwe zimangokakamizidwa nthawi zonse zimawonongeka; ma capillaries amakula kenako ndikuphulika, zomwe zimayambitsa zilonda zam'mimba ndi matumbo, kutulutsa kwa mucous nembanemba, pyorrhea, zotupa, chikanga, ndi zina zotero. Mano amawola chifukwa chosowa chakudya chokwanira; tsitsi limasanduka imvi kapena kugwa. Panthawi imodzimodziyo, ndi kudzikundikira kwa zinthu zapoizoni zomwe zimadzetsa chamoyo pogwiritsa ntchito zakudya zophikidwa, mafupa amalephera kugwira ntchito; makoma a mitsempha ya magazi amakutidwa ndi madipoziti olimba; mwala (kapena calculi) amapangidwa mu

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chikhodzodzo; sclerosis, kuthamanga kwa magazi, sciatica, rheumatism, gout ndi matenda ena ambiri. Pomaliza, tsopano imakhala ntchito yosavuta kufotokoza zomwe zimayambitsa kuukira kwa apoplectic ndi khansa.

Palibe wophika wophika amene ayenera kudziyesa wathanzi. Maziko a matenda ake adayalidwa ndi amayi ake omwe amadya zakudya zophika ngakhale asanabadwe. Ziwalo zake zimawonongeka ndipo mphindi iliyonse zili pachiwopsezo kapena kutha mphamvu zawo zomaliza. Pambuyo powerenga mfundo zimenezi, aliyense amene amaona kuti thanzi lake ndi lamtengo wapatali ndiponso amasamalira moyo wake, ayenera kusankha molimba mtima kuti athetse ngoziyo ndi kukonza bwinobwino zinthu zimene zawonongeka kale m'thupi lake. Makamaka, anthu omwe akudwala kunenepa kwambiri komanso kuthamanga kwa magazi sayenera kuzengereza kwa kamphindi, chifukwa moyo wawo umapachikidwa ndi ulusi. Sayenera kulola kuti mawu owopsa oti "zosayembekezereka" awonekere m'mawu awo okumbukira imfa mawa. Mawu amenewo ndi umboni wochititsa chidwi kwambiri wa umbuli wa munthu “wotukuka”.

Mwana wamng'ono sayenera kulira popanda chifukwa; sayenera kukhala usiku wosakhazikika kapena kudwala matenda am'mimba, ocheperako ndi kutentha thupi. Komanso sayenera kukhala ndi vuto la kuchepa kwa mavitamini kapena calcium. Zonsezi ndi zotsatira za zakudya zophikidwa, mkaka ndi kuchepa kwa mkaka wa amayi ake omwe akudya. Ndimalengeza mobwerezabwereza kuti ndi mlandu wankhanza kwambiri kuphunzitsa mwana wobadwa kumene chakudya chophika. Mpaka pano cholakwachi chakhala chikuchitidwa ndi makolo onse mosadziwa; kuyambira pano udzatengedwa ngati mlandu wokonzedweratu. Mawa, palibe makolo amene adzatha kusonyeza kulakwa kwawo.

Asanasankhe zoti achite opareshoni, wodwalayo amayenera kudya mowirikiza. Ngati chiwalo chowononge kacho sichinataye kotheratu kukwanira kwake kwa maselo, chikhoza kuyambiranso kugwira ntchito mwa kubereka maselo athanzi ndi kuchotsa odwalawo.

Malingana ngati pali maselo a matenda m'thupi la munthu, pali chilakolako champhamvu cha chakudya chophika. Koma thupi likayeretsedwa ku maselo ake odwala, kuona zakudya zophikidwa kumadzaza zenizeni

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munthu wonyansidwa, m'malo mosangalala. Kumva kwamphamvu kwa "njala", chozama komanso chowopsa ndi matendawa. Mwachidule, chikhumbo cha chakudya chophikidwa ndicho chikhumbo cha matenda, ndipo kupitiriza kwa chikhumbo chimenecho kumasonyeza kulimbikira kwa matenda. Chifukwa chake, kuti mugonjetse ndi kuwononga matenda, ndikofunikira kufa ndi njala munthu wabodza.

Odwala khansa ayenera nthawi yomweyo anaika pa kwambiri zochepa zakudya yaiwisi chakudya, monga mapaundi a maapulo kapena mphesa tsiku.
Kuchuluka kumeneku ndikokwanira kusunga mwamuna weniweni wamoyo, pamene maselo a khansa, osatha kupeza gawo lililonse la izo, amafa pang'onopang'ono.
Munthu amene waweruzidwa kuti aphedwe ndithu alibenso ufulu uliwonse wokhutiritsa m'kamwa mwake pamtengo wofulumizitsa kuphedwa kwake.

Tiyeni tsopano tione ntchito yothandiza imene ingapereke kwa ife ndi mitundu 350,000 ya zinthu zapoizoni zimene anazitcha mankhwala.
Kodi atha kuwonjezera kuchuluka kwa ma cell osiyanitsidwa, kulimbitsa maselo ofooka kapena kupatsa maselo olumala mphamvu yatsopano yogwira ntchito? Kodi angapereke zinthu ku tiziwalo timene timatulutsa njala kapena m'malo mwa zakudya zotenthedwa ndi moto? Kodi angalimbikitse minyewa yamtima kapena kuyeretsa mitsempha yamagazi kuchotsa zonyansa zawo? Bushe kuti baimya ukupitila mu filundwa fyesu ifya mwanda ne fifi ifingishiwa mu mubili wesu ne fya kulya ifyapikwa? Pomaliza, kodi angathe kulekanitsa ndi kuwononga maselo a khansa mmodzimmodzi kapena kuwabweretsanso m'thupi? Mwina ziphezo zimapanga gawo lofunikira la chakudya chathu ndipo ndi kuyang'anira komwe chilengedwe chayiwala kuziphatikiza muzakudya zachilengedwe.

Chowonadi ndi chakuti zotsatira za zinthuzo ndizo

zosokoneza, zachinyengo, zowonekera, zotsutsana komanso zowononga nthawi zonse. Zolemba zambiri pa zopindulitsa za mankhwala ndi nthano za m'badwo wathu. Dziko lalikulu la zikhulupiriro lachititsa anthu onse padziko lapansi kukhala pansi pa ulamuliro wake wonse ndipo mankhwala oopsa amadzitengera okha udindo wa zithumwa.

Tiyenera kutsika kuchokera pamwamba kwambiri ndikukhala ndi maganizo oyenera pa mavutowa. Selo laling'ono kwambiri palokha, lili ndi dongosolo lovuta kwambiri kuposa mafakitale onse opangidwa ndi anthu. Izi ndi

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zoonekeratu pa mfundo yosavuta yakuti ndi khama lawo lonse akatswiri padziko lonse sanathe kubweretsa selo limodzi lamoyo. Ndipo komabe chiwalo chilichonse chimapangidwa ndi ma milliards a maselo oterowo. Komabe, dokotala wamba amadziyerekezera kukhala katswiri wa maiko okulirapo amenewo. Dokotala ameneyo akalemba papepalapo dzina la “mankhwala” oopsa, iye mosadziwa akuganiza kuti angathe kubwezeretsa ntchito zosalongosoka zamafakitale mamiliyoni ambiri pogwiritsa ntchito mankhwala a poizoni mmodzi. Ndikugwira ana anga aang'ono ndi manja awo, kwa zaka zambiri, ndinayendayenda m'mayiko osiyanasiyana ndikuyembekeza kuti ndidzapeza mankhwala abwino kwambiri opatsa moyo! Ndichiyembekezo chongoyerekeza chofananacho kuti wodwala aliyense, kaya ali ndi vuto lotani, agogoda pakhomo la dokotala wake lero kapena alowe m’malo mwake pamzere wa m’chipatala.

Pomwe mankhwala okhawo a matenda aliwonse ali m'manja mwa wodwalayo. ZOMWE ZOMWE ZINACHITIKA MATENDA ONSE NDIKUTI KUPEZEKA PAMOTO WA KHITCHEN. NDIKUTHA KWA MOTO UWO PADZAKHALA MAVUTO ONSE A ANTHU. Kudya kosaphika kwathunthu sikumangoteteza matenda amtundu uliwonse, komanso kumachiritsa matenda onse omwe atenga kale, kuyambira ang'onoang'ono mpaka ovuta kwambiri komanso ovuta, malinga ngati chiwalo chokhudzidwacho chikusungabe zizindikiro zina za moyo.

M'kabukhu kakang'ono aka, sindingathe kuthana ndi nkhaniyi motalika. Ndikokwanira kupereka chitsanzo chimodzi chokha. Matenda a mtima ndi vuto la anthu masiku ano. M’maiko ena chiÿerengero cha imfa za matenda osiyanasiyana a mtima chimaposa theka la chiÿerengero cha imfa zonse, ndipo chiÿerengerocho chikuwonjezerekabe. Mankhwala onse omwe alipo polimbana ndi matendawa ndi njira zongoganizira chabe. Mwa poizoni m'thupi, kukwiyitsa kapena, m'malo mwake, kufa kwa minyewa ndikulimbikitsa machitidwe a mtima, amalepheretsa chamoyo cha zotsalira zake kukhala ndi mphamvu. Dzichitireni umboni mfundo yakuti madokotala ndi amene amadwala matenda a stroke. Komabe, pakati pa matenda onse, matenda a mtima ndi omwe amatha kuchiritsidwa. Raw-Veganism idzathetsa kuphana kopanda nzeru konseko.

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Ngati wodwala amene watsala pang’ono kufa ndi sitiroko ya mtima m’milungu kapena miyezi ingapo athaŷira ku malamulo a chilengedwe ndi kusintha n’kukhala wakudya zosaphika lerolino, iye adzaona kuwongokera mwamsanga m’mikhalidwe yake pafupifupi usiku umodzi. Kuyambira tsiku loyamba mitsempha yake imayamba kutaya zonyansa zake, ndipo makoma a mitsempha yake, komanso amtima wake ndi ma valves ake, adzalandira moyo watsopano ndi wothandizira watsopano wa maselo ogwira ntchito, pang'onopang'ono. kupezanso elasticity yawo yoyenera ndi kulimba. Zotsatira zake, m'malo momwalira m'milungu ingapo, wolembetsa watsopano wakudya zosaphika azitha kuyembekezera ndi chidaliro ku moyo wathanzi wazaka zina 50 kapena kupitilira apo. Pamene funso liri losintha moyo wodwala wa milungu ingapo ndi moyo wathanzi wa zaka theka la zana, tisalole kudodoma kuloŷerera m’mitima yathu. Sikuli kwanzeru kuona imfa kukhala yamwadzidzi ndi yosayembekezereka. Ndikaona zidutswa za nyama ndi mkate zikulowa m’kamwa mwa munthu wosayembekezekayo, ndimaona kuwonongeka kumene kudzachitika posachedwapa m’makoma a mtima wake ndi m’mitsempha yake ya magazi, ndipo mphindi iliyonse ndimayembekezera kuti adzapwetekedwa mtima.

Nthawi zambiri, pali zinthu zinayi zomwe zimayambitsa matenda: 1. Kuperewera kwa chiwerengero cha maselo osiyana. 2. Kusakwanira kwa zipangizo zofunikira pa ntchito za glands. 3. Kukhalapo kwa matupi achilendo ndi maselo a parasitic mu chamoyo. 4. Kufooka kwa kukana kwa maselo ku matenda a bakiteriya. Kulimbana ndi kudya kwaiwisi ndi zifukwa zinayi zonsezi kuyambira pachiyambi ndipo kumapereka njira yeniyeni yothetsera vuto la matenda.

Komabe, m'nthawi yoyamba ya anthu omwe amadya zosaphika komanso zophika nthawi zina amakumana ndi zovuta zosiyanasiyana, zomwe zingapangitse anthu opanda nzeru kukhala ndi malingaliro olakwika akuti zakudya zachilengedwe zimatopetsa thupi ndikuwononga thanzi. Lingaliro lolakwika limeneli ndilo umboni wochititsa chidwi kwambiri wa kusaona mwachidule kwa munthu wamakono. Lingaliro lokha loti zakudya ZAMWAMBA zikhoza kutsatiridwa ndi ZOSAVUTA komanso zotsatira zovulaza ndi lingaliro lopanda nzeru, lomwe liyenera kuchotsedwa m'maganizo mwathu kamodzi kokha.

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Iyenera kubadwa m'maganizo kuti kuchokera ku 40-50 kilos kapena kupitilira apo olemera ma kilos zana ndi wa munthu wonyenga, amene nthawi yomweyo anayamba kusungunuka ndipo, limodzi ndi maselo ake odwala, mafuta, concretions ndi ziphe, adzathamangira mu mtsinje wa magazi, kotero kuti akhoza kusiya thupi kudzera mu excretions zosiyanasiyana - chimbudzi, mkodzo ndi thukuta. Poona zinthu zachilendo m'mkodzo ndi m'mwazi, munthu wosaona mofupika adzaganiza kuti zapangidwa kuchokera ku zakudya zachilengedwe, pamene kwenikweni zimachokera ku thupi lonyansa la munthu wabodza, lomwe pang'onopang'ono likunyonyotsoka ndi kusiya chamoyocho kosatha. . Ndicho chifukwa chake kusintha kwa kudya kosaphika sikuyenera kulamulidwa ndi ndondomeko yachizolowezi ya sayansi ya zamankhwala; m'malo mwake, tiyenera kugonjera molimba mtima malamulo a chilengedwe ndi kuyembekezera zotulukapo zomalizira ndi chipiriro ndi kuleza mtima.

Panthawi imeneyi, zizindikiro za flatulence zikhoza kuwoneka, kupweteka kwa m'mimba, kupweteka mutu, giddiness, debility general, ndi zina zotero. Nthawi zina mkodzo ukhoza kukhala wosokonekera, mapazi angatupa, zidzolo zimatha kuwoneka m'thupi komanso pamakhala kuuma ndi kuyabwa mbali zina za khungu. Zonsezi ndi njira zoyeretsera ndi machiritso, kotero kuti munthu sayenera kugonjera ku "njala" popanda chifukwa chilichonse, ndipo, pokayikira zokayikitsa za nzeru za Mlengi, amadya chakudya chamadzulo "chopatsa thanzi", - mapuloteni "okwanira" "osasinthika" amino acid kuti athandizidwe. Munthu akakhala wopusa kutero, zizindikirozi zidzatha nthawi yomweyo, koma kuwononga thanzi la munthu. Munthu wonyengayo ndiye adzakweza mpumulo ndipo, kuseka kupusa kwa mwamuna weniweni, adzayambanso kukula ndi moyo watsopano.

Zizindikiro zotere zimasiyanasiyana malinga ndi kuopsa kwa munthu, ndipo nthawi zina zimatha kukhala palibe.
Monga lamulo, iwo ali oyenerera kukhala okhwima mwa anthu okalamba ndi okhwima, ofatsa mwa achinyamata komanso osapezeka mwa ana obadwa kumene, omwe amayamba kukula mwachibadwa. Kunena zoona, m'thupi la munthu wonenepa kwambiri mwamuna wabodzayo wafinya ndi kuonda mwamuna weniweniyo mopanikizika ndi kulemera kwake kotero kuti satsala pang'ono chabe koma "khungu ndi mafupa." Mu nthawi yoyamba ya yaiwisi-kudya

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kulemera kwa munthu wotero kudzachepetsedwa kwambiri kotero kuti iwo amene sakumvetsa zenizeni za kusinthako adzayamba kumumvera chisoni.
Koma ichi ndi chithunzi chabe cha zomwe zikuchitikadi.
M'thupi la wodya yaiwisi mwamuna weniweni wayamba kunenepa kuyambira tsiku loyamba ndipo, atachotsa munthu wabodzayo, adzapitiriza kukula mokhazikika mpaka kulemera kwake kwachibadwa kufikire. . Mwa munthu wochepa thupi kwambiri, kuwonjezeka kwa kulemera kwa mwamuna weniweni kudzatsutsana ndi kutaya kwa munthu wabodza, kotero kuti padzakhala phindu lolemera mu ukonde kuyambira pachiyambi.

Kukula kwa mwamuna weniweni kumakhala kofulumira makamaka mwa ana owonda, ofooka komanso ofooka. Sitiyenera kuyembekezera kuti ana odyetsera ziwisi adzakhala ankhope zonenepa komanso amiyendo ngati anzawo omwe amadya nawo, chifukwa kunenepa ndi chizindikiro cha munthu wonyengayo. Ana odyetsera zakudya adzakhaladi ochepa thupi, amitsempha komanso ochita minofu. Ndi chifukwa cha umbuli wamba m'pamene makolo oganiza bwino amasangalala ndi kunenepa kwa ana awo.

Nditayamba kudya zakudya zosaphika, ndinayamba kudziyeretsa m'thupi langa. Sindinaonepo zizindikiro za kufooka, koma ndinavutika ndi ululu m'matumbo mwanga, nsonga zapakati pa zala zanga ndi zala zanga zapampando zinayamba kuuma, kenako ndikuchita makulitsidwe ndi kuyabwa, zidzolo zimatuluka pathupi langa, ndi mbali zina za mapazi anga khungu. zouma ndi kusenda mu flakes. Mapazi anga, omwe mpaka pamenepo nthawi zambiri ankatupa pang'ono, mwadzidzidzi adatupa kwambiri, ndipo kutupa kumeneku kunatenga miyezi kuti kuthe. Kenako mkodzo wanga unasanduka bwinja. Pa nthawi yonseyi ndinachita masewera olimbitsa thupi poyenda maulendo ataliatali kuposa omwe ndidayendapo m'moyo wanga. Zinali zodziwikiratu kwa ine kuti, chifukwa cha kupsinjika kosalekeza kwa zakudya zachilengedwe ndi maseÿera olimbitsa thupi, machulukidwe omwe anali ataunjikana m'mitsempha ya magazi ndi m'mfundo zanga mkati mwa zaka 50 za chakudya chophikidwacho anayamba kusungunuka ndi kuzimiririka. Kuti nditsimikizike kwambiri m'chikhulupiriro changa, mwadzidzidzi ndinasiya kudya zosaphika ndipo kwa masiku atatu ndinangodya mbale za nyama zokha. Pa tsiku loyamba, mkodzo wanga unachepa, pa tsiku lachiwiri panalibe zizindikiro zochepa, pamene tsiku lachitatu zinazimiririka.

Nditayambiranso kudya zosaphika, mkodzo wanga unayambanso kusokonezeka, koma

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osati m'kuuma kwake kwakale, ndipo pang'onopang'ono chinatha m'milungu yochepa. Masiku atatu akudya zophika mwachiwonekere achepetsa liwiro la kuyeretsa chamoyo changa. Zodabwitsa ndizakuti, ndinapezanso china nthawi yomweyo. Madzi otengedwa ndi zakudya zamchere anawonjezera kulemera kwa thupi langa ndi ma kilogalamu atatu pa tsiku limodzi.
Mwamwayi, ndinabwerera kulemera kwanga wakale pa tsiku lachinayi nditayambiranso kudya zosaphika.

Ndikwabwino kuti wolembetsa watsopanoyo azidya zosaphika kuti azisangalala repast patapita miyezi ingapo osadya zinthu zophika. Poyerekeza machitidwe awiri a zakudya, amakhala wotsimikiza kwambiri kuti njira yomwe wasankha ndiyo yolondola, ndipo pambuyo pake salota kubwereza kuyesa.

Kutupa kwamphamvu kwa mapazi anga pang'onopang'ono kunatha miyezi ingapo. Momwemonso, ndinadwalanso kutupa kwanthawi yayitali; izi, nazonso, zinachepa m'zaka zingapo zotsatira ndipo pomalizira pake zinazimiririka palimodzi. Zizindikiro zomwezo zimawonekera, mocheperapo, mwa anthu ambiri odya zosaphika, omwe amandilembera za iwo kuchokera padziko lonse lapansi.

Chofunika kwambiri chinali kutha kwa milu yanga. Matenda otupa otupa otupa sanandipatse mpumulo kapena kupuma kwa zaka 15 kapena 20.
Tsiku lililonse, nthaŷi zina kawiri patsiku, ndinkakakamizika kusintha zovala zanga zamkati. Kutupa sikunathe; mafinya, mafinya ndi magazi ankatuluka mosalekeza. Ngakhale nditasintha n'kuyamba kudya zosaphika, mosasamala kanthu za kachitidwe ka nthaŷi zonse kamene kanayambika m'kugwira ntchito kwa ziwalo zanga zogaya chakudya, mkhalidwe wa milu yanga unakhalabe wosasintha. Pambuyo pa zolimbitsa thupi zilizonse, kapena ngakhale nditangoyenda pang'ono, mkwiyowo udakula kwambiri kotero kuti nthawi zina ndimaganiza kuti, chifukwa cha kusintha kwa morphological komwe kunachitika, mwina miluyo sinafune kulekerera kudya kwaiwisi komanso kuti mu mapeto ndiyenera kukakamizidwa kugonjera opaleshoni pambuyo pa zonse. Koma panthaŷi imodzimodziyo, sindinataye chiyembekezo mu mphamvu ya chilengedwe. Ndipo ndithudi, miyezi ingapo pambuyo pake mkhalidwewo unayamba kusonyeza kusintha kotsimikizirika. Zokhumudwitsa za tsiku ndi tsiku zinasintha kawiri pa sabata, kenako kamodzi pa sabata, kamodzi pamwezi

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ndipo pambuyo pake akadali kamodzi miyezi iwiri kapena itatu iliyonse, mpaka potsirizira pake chithandizocho chinali chopambana kotero kuti lero, sindikumva nkomwe kuti ndadwalapo zotupa. Machiritsowo anafulumira kwambiri pamene ndinayamba kudya masaladi a tirigu wophukira tsiku lililonse. Tsopano mikhalidwe imeneyi imatichititsa kuyang'anizana ndi choonadi chofunika koposa.

Ndizodziwika bwino kuti milu imayamba chifukwa cha kufooka kwa makoma a rectal ndi kutayika kwa mitsempha ya m'munsi mwa matumbo. Machiritso a milu mwa kudya yaiwisi ndi umboni wakuti, kupyolera m'malo mwa maselo owonongeka m'thupi ndi maselo ogwira ntchito, m'kupita kwa nthawi makoma a matumbo ndi mitsempha ya magazi amatsitsimutsidwa pang'onopang'ono, kupeza kukhazikika kofunikira ndi kulimba. . Chofunikira kwambiri ndi chakuti njirayi imachitika nthawi imodzi m'matumbo, m'mimba, m'mitsempha, ma capillaries ndi mitsempha, komanso m'chiwalo chilichonse ndi gland popanda kupatula. M'mawu ena, zamoyo zosalongosoka ndi matenda a wophika-wadya ndi kwathunthu kubwezeretsedwa ndi watsopano wothandizila achinyamata, apadera ndi wathanzi maselo. Kuwonjezeka kwa mphamvu zogonana ndi kudya kosaphika kudzadabwitsa kwa onse, ngakhale muzochita zogonana kusamala kwambiri kuyenera kukhala mfundo yathu yolimba. M'masewera odya zosaphika adzakhazikitsa zolemba zatsopano komanso zomwe sizinachitikepo. Apa ndi pamene maloto a zaka zambiri a alchemists, mankhwala ochiritsira moyo, amapezeka. Sizikubweretsa zotsatira zopezedwa m'maola ochepa chabe pogwiritsa ntchito mankhwala, koma njira zofunika kwambiri zochiritsira matenda mwa kumanganso chamoyo chonse.

Kupatula kuti maselo a chiwalo kapena gland sagwiritsidwa ntchito kwathunthu, chakudya chachilengedwe chimawathandiza kuti abwezeretse gawo lawo lofunikira la maselo pobereka maselo atsopano, ndipo panthawi imodzimodziyo kuchotsa kukhalapo kwa maselo odwala ndi opanda pake. Koma palibe njira yobwezeretsera chiwalo chowonongeka, monga dzino lovunda, ku mkhalidwe wake wakale.
N'chifukwa chake pa nkhani ya thanzi, kuzengereza n'koopsa.

Wophika wophika amakhala ndi ntchito ya gawo limodzi mwa magawo asanu mpaka gawo limodzi mwa magawo khumi a ziwalo zake ndi zotupa zake ndipo komabe, malinga ngati atha kuyima pa mapazi ake, amadziona kuti ndi wathanzi. Choipa kwambiri, kuopsa kolandidwa

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ngakhale gawo limodzi mwa magawo khumi limapachikidwa pa iye nthawi zonse ngati lupanga la Damocles, makamaka pamene wakhala ndi chakudya chamadzulo "chabwino".

Kafukufuku wa akatswiri a cytologists akuwonetsa kuti kuwonjezera pa ma cell osagwira ntchito m'thupi la munthu mumapezeka ma cell akuluakulu amitundumitundu (polykaryocytes), ma cell ochulukirapo (megakaryocytes), ndi mitundu ina yama cell osokonekera. Maselo oterowo amakhala "kawirikawiri" m'ziwalo zonse ndi tiziwalo timene timatulutsa, komanso ngakhale m'magazi a odya ophika. Asayansi ofufuza omwe amawona izi komanso zosokoneza zina zambiri m'zigawo za onse omwe amamwa zakudya amakakamizidwa kuziwona ngati "zachilendo" kapena "zachilengedwe".

Zakudya zachilengedwe sizikhalabe m'ziwalo zogayitsa chakudya kwa maola ochulukirapo ndipo, kaya zagayidwa kapena ayi, zimachoka m'thupi mwa njira yabwinobwino, pomwe zakudya zophikidwa, makamaka zomwe zimachokera ku nyama, zimakhala m'ngalande kwanthawi zitatu. kapena masiku anayi, nthawi zina kwa masabata. Tsopano, n'chodziÿika bwino kuti maselo a nyama akangomwalira amayamba kuwola, n'kumatulutsa mitundu yambiri ya zinthu zakupha pamene akutero. Choncho palibe zakudya zopanda chiphe patebulo la wodya zophika. Choncho, n'zosadabwitsa kuti atakhala m'mimba mwa munthu kwa masiku atatu kapena anayi pa kutentha kwa 38°C. Zakudya za nyama zimasinthidwa kukhala ziphe. Nthawi zina izi zimapita patsogolo kwambiri kotero kuti atatha kuwononga makoma a matumbo ndipo atasakanizidwa ndi mafinya ochuluka, mafinya ndi magazi, amatha kusiya zamoyo. Pa tsiku lachiwiri, wodwalayo akudandaula pang`ono matenda m`mimba. Madokotala amalimbikitsa kugwiritsa ntchito mchere wa patebulo kuti apewe kuwonongeka kotere, ngati akufuna kusintha mimba yamunthu kukhala mbiya ya nyama yamchere. Anthu otengeka maganizo amakhulupirira kuti chilichonse chimene m'mimba chimangochivomereza sichingakhale choipa; pamene mpunga wopukutidwa, buledi woyera kapena shuga, zomwe ndi zovulaza kwambiri pazakudya zonse, sizipangitsa kuti m'mimba musachitepo kanthu. Ena amadabwa kuti zakudya zimagwirizana bwanji ndi maso, khungu kapena mitsempha, ngati kuti mbali iliyonse ya thupi ikhoza kugwira ntchito zake popanda zipangizo. Tsopano, ndi chinthu chanji chomwe munthu angapezemo

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mkate woyera, shuga kapena batala woyeretsedwa umene ungapereke kuwala kwa maso kapena kukonza ntchito zodabwitsa za mitsempha? Anthu amatsogola mitundu yonse yamalingaliro ongopeka kuti afotokoze zomwe zimayambitsa matenda amanjenje, koma samasamala kwambiri chinthu chofunikira kwambiri - zomwe zidaperekedwa ku mitsempha.

Kukaniza kwa Munthu ku Matenda Opatsirana Kumachepa Kuchokera ku Generation to Generation

Zonena kuti kuopsa kwa matenda opatsirana kumakhazikika pa kutentha ndi kophweka. Chifukwa cha kudya kophika, maselo aumunthu amataya mphamvu zawo zolimbana ndi tizilombo tating'onoting'ono ndipo, choyipa kwambiri, amapitirizabe kutaya mphamvuyo kuchokera ku mibadwomibadwo.

Pankhani imeneyi, ndikufuna kutchula ndime zingapo za "Pathological Anatomy and Pathogenesis of Human Diseases" ndi wasayansi wotchuka waku Soviet IV Davydovsky, wofalitsidwa mu 1956.
Malinga ndi iye: "Pali matenda angapo makamaka a homo-sapien (anthroponoses) omwe, kwenikweni, amapezeka mwa nyama, kuphatikizapo anyani omwe akukula kwambiri. kapena amakhoza kupeza zofananira zakutali kwambiri za ochepa chabe a iwo (typhoid, kolera, malungo, meningococcal meningitis, fuluwenza, chikuku, jaundice, diphtheria, scarlet fever, chibayo, rheumatism, sepsis, gonorrhea, furunculosis, appendicitis, ndi zina zotero. pa).

"Zoonoses ndi ornithonoses (matenda a nyama ndi nkhuku) omwe zimachitika mwa amuna, monga hydrophobia, encephalitis, brucellosis (Malta fever), psittacosis, nthomba, mliri, tularemia, anthrax, trichinosis ndi ena, ali, monga lamulo, zizindikiro zawo zapadera zomwe zimakhala zachilendo kwa munthu, pamene nyama nthawi zina zimakhala. amangowonetsa zizindikiro zakutali kwambiri."

Chotero zikuoneka kuti sikuti nyama zonse, kuphatikizapo makolo a anthu, anyani, sizimadwala matenda enieni a anthu, koma sizilabadira n’komwe zoyesayesa zadala za asayansi ofufuza zowapatsira matendawo kaamba ka zoyesera. Motsutsana,

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pali mabakiteriya omwe ali makamaka kwa nyama ndi mbalame, koma samawakhudza nthawi zonse, ngakhale kuti amapezeka m'ziwalo zawo nthawi zonse. Komabe, mabakiteriyawo akamapatsira munthu, amamulowetsa m’njira yoopsa kwambiri ndiponso yoopsa kwambiri. Tiyenera kuwonjezera pa mfundo yakuti nyama sizimadwala matenda aakulu.

Kodi n'chifukwa chiyani pali kusiyana kochititsa chidwi kumeneku? Ndi chiyani chomwe chimasiyanitsa munthu ndi nyama pano ngati sichizoloÿezi chake chodzidyetsa yekha molingana ndi malamulo a "chitukuko" ndikukhala pa desiki yake momasuka ndi miyendo yake? Tangoganizirani nokha mmene zikanakhalira ngati limodzi la masiku abwinowa ng’ombeyo italowa m’mutu mwake n’kukhala “wotukuka” ngati munthu, n’kumadya chakudya chake atawiritsa m’mbale, ndipo ikadwala n’kunamizira kuti zifukwa zinali zosadziwika. Ndiyeno ngati wina amuuza kuti ayese kudzidyetsa pa udzu wosaphika, ayenera kusonyeza kuti ali ndi mantha kuti thupi lake lizolowera chakudya chophikidwa, udzu ukhoza kumuvulaza. Ganizilaninso inu nokha kuti ng’ombeyo ikanakhala yotani masiku ano ikanakhala kuti yadya udzu wophikidwa kwa zaka masauzande, osaganizila kwa kamphindi kuti zimene inali kucita zinali zosayenela. Komabe awa ndi malo omwe anthu okonda nyama amasiku ano adziyika okha.

Kulimbana ndi matenda opatsirana kumayambira kwathunthu maganizo olakwika. Kutsika kwa chiwerengero cha imfa kuchokera ku matenda opatsirana kwatheka osati kulimbikitsa kukana kwa thupi, koma kuchepetsa zochitika zakunja zomwe zimafalitsa matenda.
M’kupita kwa nthaÿi, mphamvu ya munthu yolimbana ndi kukana yafowoketsedwa kotero kuti ngati titachotsa zinthu zoperekedwa ndi nyumba zamakono, njira zopezera madzi apakati, ukhondo wa m’mizinda, kudzipatula kwa odwala ndi zina zotero, ndi kubwerera ku mikhalidwe imene inalipo zaka 200 zapitazo, munthu. adzathetsedwa ndi matenda amiliri osiyanasiyana m’zaka zoÿerengeka.

Mulimonsemo, ngakhale masiku ano matenda a autoimmune, monga omwe amayambitsa matenda a catarrhal, amakula mwachangu ndikukhala tsoka losapeÿeka kwa anthu onse ophika. Pogwiritsa ntchito kufooka kwa maselo onyenga a munthu, tizilombo toyambitsa matenda timakhala

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zovulaza ndithu. Davydovsky akulemba kuti: "Potengera zomwe zachitika masiku ano zakusintha kwa mabakiteriya, tiyenera kuona kuti mabakiteriya oyambitsa matenda amatha kupangidwa kuchokera ku mabakiteriya otchedwa nonpathogenic kukhala pafupi kwambiri ndi zenizeni. Mabakiteriya otere amatha kuchitika m'mitundu yonse ya cocci, mu anaerobes, m'mabakiteriya a mliri ndi TB ndi tizilombo tina tating'onoting'ono.

Matenda a auto-matenda ndi enieni makamaka chifukwa cha anthu omwe amakhala m'thupi la munthu, khungu ndi mucous nembanemba. "

M'matenda opatsirana ambiri palibe umboni wa matenda. Nthawi zambiri, matenda onse opatsirana amayamba kuonekera m’thupi la munthu wofooka ndipo kenako amapatsira anthu ena. Zoona zake, zamoyo zilizonse zotere ndi fakitale yowopsa yofalitsira ndi kufalitsa mabakiteriya oyambitsa matenda. Fakitale yoteroyo siyenera kupezeka pakati pa odya zosaphika. Chotero dziko la odya zosaphika lidzakhala lopanda matenda onse opatsirana kosatha.

Malingaliro a Davydovsky pa matenda a auto-infection angafotokozedwe mwachidule motere: "Magawo akuluakulu a thupi lathu kumene njira za auto-infection zimayamba ndi: mmero, tonsils, appendix vermiform, matumbo aakulu, conjunctiva, bronchial chubu ndi Matenda a auto-infectious ndi awa: zilonda zam'mimba, pharyngitis, colitis, kamwazi, bronchitis, chibayo, cystitis, pyelitis, nephritis, conjunctivitis, kutupa kwapakhungu,

kutupa, carbuncles, otitis, cholecystitis, osteomyelitis, post-natal. endometritis, ndi zina zotero. Malingana ndi deta yoperekedwa ndi FG Barinski (1949), mu 50 peresenti yokha ya matenda ofiira ofiira ndi 15 peresenti ya diphtheria amatha kukhudzana mwachindunji. Mwa kuyankhula kwina, muzochitika zambiri za diphtheria palibe umboni wosonyeza kuti matendawa ndi ochokera kunja. Apanso, umboni woperekedwa ndi TE Boldyrev (1949) umasonyeza kuti 53 peresenti ya milandu ya typhoid ndi yosadziwika. Udindo wa matenda exogenous pang`onopang`ono amachepetsa, kupereka malo ake kwa matenda a endrogenous. Popanda aliyense

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kukayika m'tsogolomu, zidzazindikirika kuti udindo waukulu umasewera ndi matenda a auto-matenda, makamaka popeza sitinakhale ndi chidziwitso chokwanira chomwe chingatithandize kufotokoza tanthauzo la machitidwe a thupi ndi zinthu zomwe zimasintha. yachibadwa symbiosis maselo ndi mabakiteriya mu chikhalidwe cha matenda.

"Ponena za etiology ya matenda opatsirana tiyenera kusiya malingaliro opangidwa mu nthawi ya Koch, Ehrlich ndi Pasteur pa chikhalidwe cha 'pathogenic' cha tizilombo toyambitsa matenda akunja ndi amkati. M'lingaliro lonse la mawu si mabakiteriya okha kuti tizilombo toyambitsa matenda, koma kuti zokhudza thupi correlations amene alipo mu chamoyo anapatsidwa pa nthawi inayake ndi amene organically okhudzana ndi zosokoneza mu kachitidwe zake zoyendetsera ndi mantha limagwirira. Palibe tizilombo tapadera ta 'pathogenic' m'chilengedwe; pali, komabe, palibe mapeto a zinthu zomwe zimalimbikitsa kutengeka pamutu womwe nthawi zambiri suumva, komanso mosemphanitsa."

Titha kunena mfundo imodzi yokha kuchokera ku zonsezi. The kwenikweni chifukwa cha matenda opatsirana si tizilombo tating'onoting'ono, koma mkhutu chikhalidwe cha yachibadwa kwachilengedwenso njira za chamoyo. Tizilombo tating'onoting'ono takhala tikukhalapo, tidakalipo ndipo tidzakhalako mpaka kalekale. Kampeni yowawononga ndi kuwafafaniza ndi misala chabe. Chifukwa cha kunyalanyaza zomwe zimayambitsa matenda, mphamvu ya munthu yolimbana ndi matenda yachepetsedwa pang'onopang'ono mpaka kuti anthu sakuyembekezeranso kuti matenda atuluke kunja, koma amagonja ndi mabakiteriya omwe amalowa mkati mwa matupi awo. . Pakuti m'thupi la munthu mabakiteriya amene sangathe kuvulaza nyama zonyozeka amakumana maso ndi maso ndi maselo ofooka, opanda pake, osagwira ntchito opangidwa kuchokera ku nyama, mkate, batala ndi shuga. Ndiyetu n'zosadabwitsa kuti amangogwera m'maselowo n'kuwadya movutikira. Munthu woganiza bwino ayenera kuyeretsa thupi lake kuchotsa aliyense wa maselo opanda pakewo, pambuyo pake palibe tizilombo toyambitsa matenda tingayerekeze kuyandikira maselo achichepere, amphamvu ndi amphamvu amene adzakhalapo kuchokera ku zipatso zabwino, mtedza ndi mbewu monga chimanga. Apa, ndithudi, ndi "chiyambi cha machitidwe a thupi ndi mikhalidwe yomwe imasintha bwino

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symbiosis ya maselo ndi mabakiteriya kukhala matenda," kufotokoza komwe Davydovsky sangathe kupereka.

Ntchito ya maantibayotiki ngati othandizira ndi akanthawi komanso achinyengo. Anthu akukhumudwa nawo pang'onopang'ono. Posalowerera ndale za zochita za mabakiteriya kwa kanthawi kochepa, amafooketsa ma cell ndikuyeretsa njira ya matenda amphamvu pambuyo pake.

Ndili ndi chidziwitso chodziwika bwino cha maantibayotiki. Chifukwa cha kuchepa kwa chakudya chachilengedwe ana anga nthawi zonse amadwala malungo osakhazikika, osakhazikika omwe amayamba chifukwa cha matenda a autoimmune komanso kuledzera, kutentha kwawo kumasinthasintha pakati pa 37.8 ° C. ndi 38 °C. Ndinapita ndi mwana wanga ku Paris ndikumuika m'manja mwa "akatswiri" otchuka kwambiri kumeneko. Tsoka ilo, poyesera mosasankha maantibayotiki adakweza kutentha kwawo kufika pa 40-41 ° C. ndi kufooketsa mtima wake ndi impso zake, potsirizira pake anamupha, osakhoza kuzindikira matenda ake.

Zomwezo zinachitikanso kwa mwana wanga wamkazi, komabe chiwawa chachikulu, patapita zaka ziwiri. Ndinamuika ku Chipatala cha Ana cha Anscharhohe (Kinderkrankenhaus Anscharhohe) ku Hamburg, kumene Dr. Wolfgang Tiling anachita zinthu zankhanza kwambiri pa mwana wanga wosauka. Tsiku lililonse ankatulutsa magazi ochuluka kwambiri, omwe amawayesa m'ma labotale osiyanasiyana kapena kuwabaya makoswe ndi akalulu ambiri, akunamizira kuti mwa kuchulukitsa mabakiteriya amafuna kudziwa zamoyo zenizeni zomwe zidayambitsa matendawa, koma sanathe kudziwa muzoyesa zake zachilendo zachipatala. Pamene kutentha kwa mwana wanga kumakwera, mlingo waukulu wa maantibayotiki operekedwa ndi wosiyana kwambiri ndi mitundu yawo. Ndi kuchuluka kwa maantibayotiki, kutentha kumakwera kwambiri, mpaka kumasinthasintha mosalekeza pakati pa 39 ° C. ndi 41°C. ndipo zizindikiro za nephritis zidadziwika kwambiri. Mwa "sayansi" yake imatanthauza kuti iye anafulumizitsa kukula kwa matendawa, kuchepetsa nthawi yake "yachibadwa" ya zaka zinayi mpaka mwezi umodzi wokha. Iye ankaona kuti mwanayo ndi wopusa ndipo ankatiopseza kuti tizikhulupirira zinthu zabodza

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kuti ngati sanapatsidwe cortisone kapena kuchitidwa opaleshoni yamkati, sangakhale ndi moyo wopitilira sabata.

Munali m’masiku amenewo pamene ndinapeza Chijeremani cha Bircher-Benner treatise entitled "Nutritional Diseases" ("Ernahrungskrankheiten", Erster Teil, 1933). Nthawi yomweyo ndinamutululutsa mwana wanga m’chipatalacho n’kumuika kuti azisamalira thanzi lake. Ndi funde ladzidzidzi la wand wamatsenga kutentha kwa mwana wanga kunatsikira kudera la 37 ° -37.5 ° C. ndipo kuchuluka kwa mkodzo wake kunakwera kuchoka pa 200m1 kufika malita awiri patsiku. Pasanathe sabata imodzi anaimirira n’kudutsa m’chipindamo kukatsegula chitseko cha dokotala wopanda chifundo ameneyo, yemwe anagwidwa nzelu ndi kuchita mantha kwambiri moti anakana kundipatsako makope a chipatalacho. zolemba ndi mayeso azachipatala.

Ndikadapitirizabe kum’dyetsa mwanayo zakudya zosaphika, ndiye kuti akanakhala ndi moyo lero. Koma panthaÿiyo ndinkaona chakudya chosaphika kukhala njira yochiritsira ndipo ndinali ndi chikhulupiriro m’mavitamini ochita kupanga. Kuti ndidziwe bwino za kadyedwe kake kachipatala ka Dr. Bircher Benner's Private Clinic, ndinatenga mwanayo kuchokera ku Hamburg kupita ku Zurich ndipo ndinamusunga m'chipatalachi kwa masiku 23. Ndikhoza kutchula pano, mwa njira, kuti mwatsoka pambuyo pa imfa ya Dr. Bircher Benner, kachitidwe kake ka kadyedwe kake kasinthidwa kwambiri ndi kuyambitsa zakudya zophika, mkaka, mavitamini ndi mankhwala ena.
Komabe, polimbikitsidwa ndi kusintha kwachangu kwa matenda ake, ndinaganiza kuti n'zotheka kubwezeretsa thanzi lake mwa zina ndi zakudya zosaphika komanso zakudya zophika ndi mavitamini ochita kupanga. Komabe, tinatha kuwonjezera moyo wake ndi zaka zinayi zokha.

Inenso ndine chitsanzo chochititsa chidwi cha munthu, chigonjetso pa matenda obwera chifukwa cha ngozi. Kwa zaka zoposa 20 ndakhala ndikudwala matenda a bronchitis aakulu kwambiri moti nthaÿi zingapo pachaka, nthaÿi zonse ndinkagonekedwa ndi chimfine choopsa kwambiri. Kudya zosaphika, komabe, kwasintha zonsezi ndipo ngakhale kwa zaka khumi zapitazi ndakhala ndikugona pansi pa thambo chaka chonse, nthawi zina m'nyengo yozizira ya 15 kapena 16 madigiri, majeremusi akadali m'malo awo,

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sindinakhosomopo ngakhale kamodzi kapena kumva ngakhale pang'ono kuti ndikuzizira. Ndikufuna kuwonjezera kuti kugona panja m'nyengo yozizira sikufuna kulimba mtima. Zomwe zimafunikira ndikuphimba thupi bwino ndikusunga nkhope yotseguka kuti pakhale mpweya wabwino. Kuphatikiza apo, ndi bwino kusiya kudya zakudya zomwe zaphikidwa kuti muchepetse zomwe zimayambitsa kusagona komanso kudzigudubuza pabedi kosalekeza.

Khansara ndi Zotsatira za Kuwonongeka Kwambiri kwa Maselo

Monga momwe zimakhalira ndi matenda ena onse, zomwe zimayambitsa khansa, nazonso kufotokozedwa mosavuta mogwirizana ndi malamulo a chilengedwe.

Akatswiri a cytologists achita kafukufuku wochuluka kwambiri kuti apeze kusiyana pakati pa maselo abwinobwino ndi ma cell a khansa. Nthawi zambiri, apeza kuti ma cell a khansa ndi maselo amtundu wamba omwe alibe mawonekedwe ofunikira komanso amatha kugwira ntchito iliyonse yothandiza. Cholinga chawo chokha ndi kudya mapuloteni (zomangira) ndikuchulukitsa.

Monga tikudziwira, maselo a munthu wabodza ali ndi zofanana ndendende makhalidwe. Pali gawo limodzi lokha la kusiyana pakati pa kuwonongeka komwe kumakhudzidwa ndi maselo a munthu wonyenga ndi maselo a khansa. Pankhani ya malo muzochitika zina, mwamuna weniweni amakwanitsa kusunga maselo a munthu wonyengayo pansi pa ulamuliro wake. Amawawalira m'magawo aulere a chamoyo chake, amadzaza mapanga opanda kanthu nawo, amawataya pansi pa khungu lake, amawasakaniza ndi maselo ake abwinobwino, motero, kwa nthawi yochepa, amasunga ziwalo ndi machitidwe akhungu. thupi lake lopanda chiwopsezo cha kupsyinjika kwawo.
Aliyense akhoza kuwona ndi maso amaliseche kulemera kwakukulu kwa munthu wabodza, nthawi zina kufika kulemera kwa 60-70 kilogalamu. Ngati ma kilos angapo a unyinjiwo atayikidwa mu chithokomiro kapena chiwalo chilichonse, ntchito ya gland kapena chiwalo chomwe wapatsidwayo chikadakhala chopuwala chifukwa cha kukanikiza kwake. Ndi momwemonso momwe khansara imathetsera moyo wa munthu.

Maselo a munthu wabodza, monga a khansa, atchedwa kukhalapo ndi chakudya chokonzedwa kukhitchini cha

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cholinga chachikulu chokhala ngati ogula mwachangu zakudya zotere. Ndi zoyesayesa zodzitchinjiriza za munthu weniweni, maselo a munthu wabodza sangathe kutengera kuchuluka kwa zinthu zomwe si zachilengedwe zomwe zimalowetsedwa m'thupi kudzera munjira yoledzera, ndipo chifukwa chake gawo lalikulu la zinthuzo limatayika popanda cholinga. powotchedwa ndi kusandulika kutentha kwakukulu. Kuti adye momasuka chakudya chambiri chochulukiracho, maselo a munthu wonyenga amayesetsa kupeza ufulu, kukhazikika m'malo aliwonse omwe akufuna ndikudzikhuta mokwanira. Pamene mmodzi kapena angapo a iwo apambana m'zoyesayesa zawo, amayamba kudya mofulumira chakudya chimene mbuye wawo wadyera amawapatsa. Motero, kuyambira ndi selo limodzi kapena aÿiri ang'onoang'ono, pamakhala chilombo chimene chimasunga anthu onse m'chiwopsezo chakupha.

Palibe mwazinthu zambiri zamatenda omwe timakumana ndi vuto lomwelo pomwe pakati pa milliard ya maselo amodzi kapena awiri okha ndi omwe amagonja ku matenda.

Munthu woona bwino amene ali ndi maganizo oti atengere maganizo ake ndi mavuto ofunika sizingalephereke kudabwa pa mafunso opusa omwe asayansi ofufuza amawononger a nthawi, ndalama ndi mphamvu zawo. Pofuna kufotokozera za kupezeka kwa khansa, adalembapo mitundu yokwana 400 ya khansa, yomwe, kupatulapo zakudya, sizigwirizana kwenikweni ndi zomwe zimayambitsa carcinogenesis. Aliyense ayenera kudzifunsa funso ili: "Zowona kuti ziphe zonse, cheza, kukwiya kosalekeza, kuvulala, kuyaka, ma virus, chikonga, phula ndi zina zambiri, monga zinthu zovulaza, zitha kulepheretsa ma cell zovuta zawo. kapangidwe kawo ndi mphamvu yawo yogwirira ntchito, kapena kuwononga, kuwonda, kuwaphwanya ndi kuwapha, koma ndi njira yotani yomwe angapangire mu cell imodzi kapena awiri mphamvu yayikulu yochulutsa kotero kuti athe, munthawi yochepa kwambiri. nthawi, kugwetsa pansi ndiyeno kuwononger atu zonse zodabwitsa za thupi la munthu?"

Mphamvu yoyipayi imaphikidwa mwachangu, yophikidwa, yokonzedwa ndikuperekedwa kwa chilombocho ndi mwiniwake wa chamoyocho chifukwa cha iye.

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chiwonongeko chake chomaliza. Khansara ndi umboni wamoyo wa kuwonongeka kwakukulu kwa maselo ndi zotsatira zosapeÿeka za zakudya zopanda chilengedwe.

Pakafukufuku wawo, asayansi mobwerezabwereza amakumana ndi zomwe zimayambitsa khansa. Amagwira maumboni osatsutsika m'manja mwawo, amawayang'ana kwakanthawi ndikuzitsimikizira, koma nthawi iliyonse ikabwera funso loti asinthe kadyedwe kameneka, amatseka maso awo ndi mantha, ngati kuti agwidwa ndi bingu. osachedwetsa kwa kamphindi amapita ku zidendene zawo, chifukwa SAKUFUNA kuti awone chilichonse chosagwirizana ndi kadyedwe kawo. Makamaka, SAKUFUNA kudzudzula mkate umene amadya ndi umene kwa zaka zapitazo wakhala akuuona kukhala wopatulika, popanda kusonyeza kwa kamphindi kuti pamene ufika patebulo wakhala woipitsidwa mobwerezabwereza ndi kugaya. , kusefa, kukanda ndi kuphika.

Akatswiri a cytologists amawona bwino kuti khansa imapangidwa ndi maselo omwe alibe zida zapadera komanso mphamvu zogwirira ntchito, komabe m'malingaliro awo maselo onse amunthu wathanzi (ngakhale amapangidwa ndi zakudya zopanda thanzi) makamaka. maselo opangidwa bwino ndi angwiro omwe pambuyo pake amachotsedwa makhalidwe awo abwino chifukwa cha mphamvu zina za carcinogenic. Mwa kuyankhula kwina, kusakhalapo kwa njira zoyenera za fakitale ya zolakwika pakupanga kwake zimagwirizanitsidwa ndi chinthu chilichonse chokhazikika, koma palibe mgwirizano uliwonse ndi zipangizo zomangira zomwe zimaperekedwa ku fakitaleyo, kapena ndi chikhalidwe ndi khalidwe laiwisi. zipangizo zofunika kupanga. SAKUFUNA KUONA kuti ziwalo za onse omwe amadya zophika zimakhala zodzaza ndi ma milliards a maselo omwe ataya machitidwe awo oyenera ndi ntchito zawo. Tsopano nditchula ndime zingapo za Cowdry's "CANCER CELLS" zomwe owerenga aziwona momveka bwino komanso momveka bwino zomwe zimayambitsa

khansa ndi.

Cowdry akulemba (p.11): "Ndi kutayika kwathunthu kapena gawo lina la ntchito zapadera za omwe amawatsogolera, maselo a khansa amataya mofanana ndi momwe zimapangidwira zomwe zimapanga ntchitoyo.

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zotheka. Kapangidwe kake sikungasungidwe pakalibe ntchito monga momwe ntchitoyo singasungidwire pakapanda dongosolo lolingana." Cowdry wayiwala kuwonjezera chowonadi chodziwikiratu chomwe chinsinsi cha khansa chikanathetsedwa kamodzi.

Mwakutero, kuti zisungidwe ndikugwira ntchito zopangira ndizofunikira, ndipo ZOTHANDIZA zikasinthidwa kukhala ZOPHUNZITSIDWA, palibe kapangidwe kamene kadzasungidwa, kapena kugwira ntchito.

Pakuti yachibadwa kukula kwa maselo Cowdry akugwira mawu Rusch motere: "Normal primordial maselo ali ambiri angathe njira zimene pamapeto pake kudziwa kusiyana. Izi zimagwirira ntchito yogwira pamene constituents kupeza misinkhu kachulukidwe" (p. 15). Panthawi ya kusintha kwa khansa "Carcinogens imapangitsa kusintha kwa ntchito imodzi kapena zingapo zapadera za selo. Koma, "Maselo omwe avutika ndi kusintha kovomerezeka koteroko angafunike kutayika kwina kwa zinthu zina asanakhale ma neoplasms odziyimira pawokha" (tsamba 17).

Khansa siipangidwa kuchokera ku maselo okhwima ndi apadera. Dzira ndi umuna ndi maselo osiyanitsidwa kwambiri omwe sakhala owopsa ndipo amayambitsa khansa yokhala ndi umuna kapena ma cell a dzira kuchulukirachulukira popanda zoletsa zanthawi zonse ndikulowa m'magawo a maselo abwinobwino komanso ochita bwino" (tsamba 333).

Zochita zazikulu zama cell a khansa ndikusaka zinthu za nayitrogeni, kudya mapuloteni a nyama, kukwapula ma amino acid, kupanga mapuloteni achilendo komanso kuchita zinthu zina zofananira. Khansara imawonedwa ngati "msampha wa nayitrogeni" wochotsa ma amino acid mu dziwe la thupi popanda kulola kubwereranso kwawo" (tsamba 39). Kupitilira pansi kumanenedwa (ibid.): "Nayitrojeni kagayidwe kake ka maselo owopsa akuwoneka kuti amatengedwa kuchokera ku maselo ochita bwino, akutumikira thupi moyenera, zinthu zomwe zimafunikira kwambiri." Vutoli likanathetsedwa mosavuta ngati mawu oti “zofunika kwambiri” akanati alowe m’malo ndi mawu akuti “ZOSAPATSA NTCHITO KWAMBIRI NDIPONSO ZOWAWA”. Christensen ndi Henderson (1952) ankaona kuti amino acid ndi apamwamba kwambiri

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kudzikundikira ndi ma cell a carcinoma "chinthu chofunikira kwambiri pakukula ndi kuchulukitsa kwa cell ya neoplastic mu nyama yowononga" (ibid.). M'malingaliro awo nyamayo yawonongeka osati chifukwa chosowa zakudya zachilengedwe, koma chifukwa cha kusowa kwa kuchuluka kwa ma amino acid.

Maselo a khansa nthawi zonse amapanga mapuloteni. Cowdry analemba (p. 152): "Nthawi zambiri matenda amaonedwa kuti ndi okhudzana ndi kusakhazikika kwa kaphatikizidwe ka mapuloteni komanso kupangika kwa mapuloteni osadziwika bwino. zinthu zomwe zili m'minofu yanthawi zonse zomwe sizimakula zimayenderana ndi kuwonongeka komweko." M'malo ena iye anagwira mawu Caspersson (1950): "Pakati pa zilonda chotupa selo ndi kawirikawiri kukula selo zikuoneka kuti pali kusiyana kofunikira pankhani ya chitukuko cha dongosolo mapuloteni mapangidwe. zomwe nthawi zambiri zimachepetsa ntchito ya dongosolo lopanga mapuloteni, lasiya kwambiri, kugwira ntchito, zomwe zimapangitsa kuti pakhale kusintha kwapadera pa chithunzi cha cytochemical" (tsamba 10-102). Kodi pali chifukwa chilichonse chogogomezera kuti mapuloteni omwe akufunsidwa si mapuloteni omwe amapezeka ku mphesa kapena maapulo, koma omwe amaphikidwa kapena kuphikidwa kukhitchini ndi kukanidwa ndi maselo abwinobwino?

Kufufuza kwina kwa sayansi kwawonetsa kuti kuchuluka kwa mafuta m'maselo a khansa amakhala apamwamba kuposa abwinobwino, pomwe a vitamini ndi mchere, kumbali ina, amakhala ocheperako.

Cowdry akuvomereza kuti "Maselo, owopsa ndi ena, ali pafupifupi anthu ang'onoang'ono ovuta kwambiri. Mwinamwake aliyense akhoza kukhala ndi zigawo 10,000 zosiyana za biochemical, kuyambira ma ion a inorganic kupita ku mapuloteni ovuta kwambiri ndi ma nucleoprotein, omwe amalumikizana mwachindunji kapena mosalunjika wina ndi mzake. ..kuchuluka kwa zochitika mu selo lamoyo, ndiko kufotokozera momveka bwino kwa moyo wa selo, kuyenera kukhala ntchito nthawi iliyonse ya machitidwe ovuta kwambiri a kinetic pakati pa zipangizozi. adzafunika kufotokoza m'mawu achinetic maubwenzi angapo omwe akukhudzidwa.

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zosinthika pang'ono panthawi, titha kupeza koma malingaliro ochepa azovuta zonse. Masamu okhudzana ndi zigawo zinayi kapena 5 amakumana ndi zovuta zazikulu, osasiyapo zamitundumitundu" (tsamba 151-152). Motero asayansi athu, amene tsogolo la anthu onse lili m'manja mwawo, sadziwa pang'ono chabe za chilengedwe. Komabe, ngakhale kuti sakudziwa zambiri, amanyalanyaza zimene zinapanga maselo ocholoŷanawo ndipo amapangitsa anthu kukhulupirira kuti mwa kuŷerengera okhawo iwowo angathe kudziwa bwino lomwe mikhalidwe ndi kuchuluka kwa maselowo. maselo okhudzana ndi mapuloteni, mafuta, chakudya, mavitamini, mchere, ndi zina zotero.

Amafika mpaka poyamba kunyoza nzeru za injiniya wamkulu posavomereza zimene waika, ndiyeno n'kupanga zinthu zosiyanasiyana m'mafakitale awo n'kuzipereka kwa ife. Lolani wowerenga asankhe yekha ngati zochita zawo ndi zoseketsa kapena zokhumudwitsa.

Umboni wochuluka wasonkhanitsidwa ndi asayansi ochita kafukufuku kuti awonetse kuti kudya bwino kapena kuletsa zakudya kumalepheretsa, kapena kuchepetsa, kuchuluka ndi kukula kwa khansa. Pa Nkhondo Yoyamba Yapadziko Lonse pansi pa kugawika kwakukulu kwa chakudya komwe kunalipo panthawiyo ku Denmark, Russia, Germany ndi Austria kufa kwa khansa kunali kocheperako poyerekeza ndi zomwe zidathetsedwa kumapeto kwa nkhondoyo. Malinga ndi Hindhede (1925) kudya mopitirira muyeso kunathandizira kuwonjezeka kwa chiwerengero cha im

Cowdry atchulapo zitsanzo za kuyesa kwa nyama: "Ndalama imaperekedwa kwa Moreschi (1909) ndi McCay (1947) chifukwa chokulitsa ntchito ya ofufuza akale a ku Britain omwe amafuna kuwonetsa kuti kuletsa zakudya kumalepheretsa, kapena kuchedwetsa, kukula kwa zotupa pa nyama.
Sarcomas wosiyidwa ndi Moreschi kukhala mbewa adatengera kuchuluka kwa chakudya chomwe amaperekedwa. Makoswe pazakudya zoletsedwa amakhala nthawi yayitali ndipo kuyika zotupa m'menemo kunali kovuta kwambiri kuposa mbewa zodyetsedwa mokwanira.

"McCay ndi anzake apanga maphunziro apamwamba kwambiri makoswe amachedwa chifukwa chochepetsa mphamvu yazakudya kuti ikhale yokwanira kukonza, koma osakwanira kukula. Motero gulu limodzi linachitidwa

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wachichepere kwa masiku opitilira 700 ndipo wina wopitilira masiku 900 osaloledwa kukula mpaka kukhwima, ngakhale kuti kutalika kwa moyo wa makoswe otere nthawi zonse kumakhala pafupifupi masiku 600. Makoswe ochedwa akapatsidwa zopatsa mphamvu zokwanira amakhwima ndipo amatha kukhala ndi moyo masiku 1,400 kapena kuposerapo - kuwirikiza kawiri utali wa moyo wawo wanthawi zonse" (tsamba 394-395). Anali osafunika kwenikweni ndi makoswe amene anali ochedwa kukula mpaka ataloledwa kukula msinkhu" (tsamba 396). Ndi zotulukapo zabwino bwanji zomwe sizikanatheka ngati makoswewo akanadyetsedwa ndi zakudya zopanda tsankho zokha.

Kufufuza kwina kunasonyeza kuti 150 milandu ya zotupa zinayambika pakati pa makoswe 198 omwe amadyetsedwa ndi zakudya "zabwinobwino," monga zotupa za 38 zokha pakati pa makoswe 200 omwe sali ochedwa - nyama zomwe zimasowa zakudya zomwe zimatchedwa kuti zakudya zabwinobwino. zakudya zomwe zimafalitsa kupha kopanda chifundo koteroko ndikufupikitsa nthawi ya moyo kangapo?

Khama lakhala likuchitika nthawi zosiyanasiyana pofuna kumveketsa ubale womwe ulipo pakati pa kulemera kwa thupi ndi kufa kwa khansa potengera ziwerengero za inshuwaransi ya moyo. Mu 1913, komiti yogwirizana ya Association of Life Insurance Medical Directors ndi Actuarial Society of America inachita ndi malamulo 774,672 ogulidwa ndi amuna azaka 20-62. Kenako zidawoneka kuti kwa amuna omwe amatenga inshuwaransi ali ndi zaka 30-44, chiwerengero cha imfa kuchokera ku khansa chinali choposa 37, kwa omwe ali olemera kwambiri 32 ndi ocheperapo 24, omwe amawerengedwa ngati 100,000. Kwa gulu lachikulire la zaka 45 ndi kupitirira, ndi

mitengo yofananira inali 156, 144 ndi 120 motsatana. Malinga ndi zolemba za Union Central Life Insurance Company, zomwe zinafufuzidwa mu 1932, zotsatirazi zinali ziwerengero za imfa za khansa, kuyambira 25 peresenti kapena kupitirira kunenepa kwambiri, kufika pa 50 peresenti yocheperapo: 143, 138, 121, 111, 114 ndi 95, chiwerengero cha 111 ponena za kulemera kwa "zabwinobwino". Posachedwapa, malinga ndi Statistical Bulletin ya Metropolitan Life Insurance Company (1951), kufa kwa amuna onenepa kwambiri chifukwa cha matenda amtima ndi aimpso.

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analinso theka la muyezo ndipo kuti kuchokera ku matenda a shuga anali pafupifupi kanayi muyezo. Izi ndi zabwino zomwe munthu wabodza amapatsa anthu.

Pakati pa 1900 ndi 1950 chiwonjezeko cha ziwopsezo za kufa kwa matenda amtima ndi khansa ku United States of America zinali motere. Mkati mwa zaka 50 chiwerengero cha anthu omwe amafa ndi khansa chakwera kuchoka pa 64 kufika pa 139.6 pa anthu 100,000, pamene matenda amtima ndi mitsempha anali atakwera kuchoka pa 244 kufika pa 478.1. Pazonse, mu 1950 mwa 803.9 amafa pa 100,000 anthu ochokera ku zifukwa khumi, matenda amtima ndi khansa anali 617.7. Chofunika kwambiri ndi ziwerengero zamakono zomwe zilipo, ponena za chaka cha 1964. Chiÿerengero cha imfa ya khansa tsopano chakwera kufika ku 151.3, pamene matenda amtima afika ku 508.6, kupereka chiwerengero chophatikizana cha 659.9 mwa 939.7 kuchokera ku onse. zimayambitsa. Izi ndizo zotsatira zodabwitsa za "kupita patsogolo" kwa mankhwala; chotulukapo chodabwitsa cha kuchulukana kwa madokotala, zipatala ndi mankhwala; zinthu zosapeÿeka za "kuyenga ndi kuyeretsa" kwa zakudya. Munthu angalingalire mmene zinthu zilili ngati “kupita patsogolo” kwamakono kukupitirira kwa zaka zina 50.

Malinga ndi ziwerengero za boma la United States of America mu 1964, 1.4 peresenti yokha ya chiwerengero chonse cha imfa ndi "zizindikiro, ukalamba ndi mikhalidwe yosadziwika bwino". M'gulu limeneli, kukalamba ndi nkhambakamwa chabe, chifukwa mwa anthu amene amadya chakudya chophika palibe amene amafika pa ukalamba. Pamene m'mikhalidwe yotukuka kwenikweni! popanda ngozi ndi ngozi, anthu onse adzafa atakalamba.

Pakati pa nyama zakuthengo zomwe zimapezeka m'chilengedwe sizikudziwika kuti pali khansa. Komabe, pambuyo poika anyani amene ali m’ndende ku chakudya chosalimba kwa nthaÿi yaitali, zakhala zotheka kuona chotupa chimodzi kapena ziwiri zooneka ngati khansa. "Gulu lalikulu lokhalo la zamoyo zomwe umboni wa kudwala khansa nthawi zina umakhala kulibe konse komwe kumakhala pansi panyanja," akutero Cowdry (p. 196). Zili choncho chifukwa manja owononga a anthu sanatero

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adafika kwa iwo. Kusatetezedwa kwawo ndi kodabwitsa kwambiri chifukwa chakuti dziko lawo ndi lalikulu kwambiri kuposa lathu, ponse paÿiri m'dera ndi m'chiÿerengero cha anthu.

Monga tidanenera, mkati mwa kafukufuku wawo, asayansi amakumana maso ndi maso ndi zomwe zimayambitsa khansa, amaziyang'ana ndikuzitsimikizira, komabe amadutsa mopanda chidwi, ngati kuti kufunafuna kwawo kunali chinthu china. "Lingaliro lakuti zigawo zina zazakudya zimalowetsedwa mopitirira muyeso, kapena kusowa kwawo kungayambitse khansa mwa munthu, likuwonjezeka kuchokera ku gwero lina.

Kusintha kwa kuyesa kwa zakudya za nyama kungapangitse zonse kusiyana pakukhalapo kapena kusapezeka kwa khansara" (tsamba 220).

Amazindikira ngakhale mwachindunji zotsatira za zakudya zachilengedwe. Cowdry akufotokoza momveka bwino pa mfundo iyi: "Potsirizira pake mfundo ikuyamba kuonekera kuti nyama zina zimakhala zochepa kwambiri pakukula kwa chotupa pamene zimadyetsedwa zakudya zachilengedwe kuposa pamene zimadyetsedwa zakudya zoyeretsedwa kwambiri. Silverstone, Solomon and Tannenbaum (1952) adawona kuti ma hepatomas ocheperako amapangidwa mu mbewa zamphongo za DBA pazakudya za Purina Laboratory Chow zomwe zimapangidwa makamaka ndi chakudya chachilengedwe kuposa ena pazakudya zomwe zimakhala ndi magawo oyeretsedwa, makamaka casein, chimanga, mafuta ochepa a hydrogenated cottonseed, mavitamini opangidwa ndi a Kuphatikiza apo, zakudya zoyeretsedwa zomwe zimaperekedwa kwa mbewa zamphongo za C3H zimathandizira kukula kwa hepatomas yoyipa. mchere mu zakudya. Olemba mosamala kusonyeza kuti munthu sayenera kuganiza kuti mitundu ina ya zotupa amayankha mosiyana "(pp. 403-404).

"Engel ndi Copeland (1952) adapeza kuti kuyamwa AES ndi Sprague Dawley makoswe amadyetsedwa zakudya zachilengedwe (zakudya zamagulu) adapanga zotupa za m'mawere zochepa zomwe zimayambitsidwa ndi carcinogen, 2- acetylaminoflurene, kusiyana ndi zakudya zomwe zimadyetsedwa. Kusiyana kwake kunali kwakukulu "(p.).

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Wowerenga mosakayikira adawona mtundu wa chakudya chomwe amapereka kwa mbewa zoyesera: zida zoyeretsedwa kwambiri monga casein, wowuma, mafuta a cottonseed, mavitamini opangira ndi mchere. Kusakaniza kwa zinthu izi kumatchedwa "zakudya zabwinobwino" ndi asayansi ofufuza. Amasonkhanitsa mbewa za 100 peresenti zopanda khansa m'minda ndikuzitsekera m'makola, amachitira zolengedwa zosauka ngati ana "osakhwima", amawabereketsa wina ndi mnzake, amawadyetsa ndi "zakudya zabwinobwino" ndipo pambuyo pa mibadwo ingapo amazisintha kukhala zomwe. iwo amatcha "koyera inbred mitundu ya mbew Malinga ndi iwo, "mbewa zamtundu wamtunduwu" zili ndi vuto lapadera, pomwe mpaka 80 peresenti ya mitundu ina imatha kukhala ndi zotupa "zodzidzimutsa" za "zifukwa zosadziwika". Odya onse ophikidwa ali mumtundu wofanana ndendende wa matenda.

Tiyeni tsopano tione ngati asayansi amatha kujambula zinthu zothandiza mfundo zochokera pamwamba pa umboni wochititsa chidwi. Yankho mwatsoka lili mu negative. Zowonadi, Cowdry akuvutika kwambiri kukana deta yofunika kwambiri, kuopera kuti aliyense wa owerenga ake angakhale wopusa mokwanira kuganiza za kusiya chimodzi kapena china mwa mitundu yosawerengeka ya zakudya ndi zakumwa, zomwe nthawi zambiri zimawonedwa ngati zoyenera chitukuko. Izi ndi zomwe akunena: "Chenjezo ndilofunika powerenga kupanga deta ya khansa yaumunthu pa zinyama makamaka zokhudzana ndi zakudya. Munthu, kupatulapo pafupi ndi njala ya njala, ndi wodya omnivorous yemwe amazolowera kudya zakudya zosiyanasiyana. Zosonkhanitsidwa kuchokera kumadera ambiri a dziko lapansi; pamene nyama zimasinthidwa kukhala zakudya zofanana komanso zosavuta zomwe zimachokera kumaloko" (tsamba 220). Lolani owerenga adziweruze okha pamalingaliro olakwika akulu omwe wolembayo ali.

"Pokhala ndi mwayi wotengera matenda a khansa m'magulu obisala, otetezedwa komanso otetezedwa, omwe ali pafupi kwambiri ndi mbewa, ndiye kuti makhansa amapangidwa bwanji mwa iwo?" akufunsa Cowdry (tsamba 350), osapeza yankho la funsolo.

"Kuzindikira kutengeka ndi cholowa champhamvu m'magulu ena a mbewa kumasonyeza kusadziwa kwathu za mtundu wa carcinogens zomwe maselo amatha kutenga.

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zipinda ndi zakudya zawo zimakhala zosasintha. Sakhala pachiwopsezo chamankhwala odziwika bwino akuthupi kapena amankhwala kapena a biological carcinogens" (tsamba 349-350). Cowdry amatseka dala maso ake kuti asadziwe kuti ma carcinogens enieni akuthupi, amankhwala ndi achilengedwe ndi omwe adawapangira mbewa osaukawo. Izi zikuphatikizapo kuwatsekereza malo awo achilengedwe ndi chakudya, kuwapatula ndi kuwatsekera m'makola achinsinsi, kubisala, kuwateteza ndi kuwateteza, kuwabereketsa mwachisawawa, kuwasunga mopanda mantha m'zipinda zoziziritsa mpweya ndi kuwadyetsa ndi casein, cornstarch, mafuta a cottonseed; kupanga mavitamini ndi mchere.

Kwina kulikonse, Cowdry amabweretsa matebulo awiri a data yoyesera kuti awonetse kusintha kwakukula kwa khansa posintha (a) mapuloteni azakudya ndi ma amino acid ofunikira komanso (b) mavitamini a B. Kenako akupereka ndemanga zotsatirazi: "Mavitamini ndi ma amino acid ofunikira amatha kusintha kaphatikizidwe ka khansa ... Kufotokozera izi ndi zina zomwe zapeza ndizovuta. Sitiyenera kuganiziridwa kuti zakudya zomwe zili ndi vuto loperewera kapena zowonjezereka zimagwira ntchito mwachindunji pa minofu yomwe kusintha kwa neoplastic kumachitika" (tsamba 401). Izi zikumveka kukana deta yomwe ilipo. Zili ngati kunena kuti kugwira ntchito mogwira mtima kapena kosasangalatsa kwa fakitale sikuyenera kukhala ndi kugwirizana kulikonse ndi kusagwirizana kapena kusamvana kwa zipangizo zoperekedwa kwa iyo.

Cowdry analemba kuti: “Kungakhale kusala msanga kupanga zakudya zodzitetezera ku khansa kwa munthu pa zimene apezazi, monga momwe Greenstein (1947) anachenjezera moyenerera,” akulemba motero Cowdry ndipo kenaka anawonjezera kuti: “Chinthu chimodzi utali wa moyo wa munthu umakhala wautali kwambiri kuposa umenewo. nyama zoyesera zomwe zimatsatira zakudya zongopeka zotere sizingakhale zotheka kwa zaka zambiri, zomwe nthawi zina zimafika pafupifupi kotala la zaka zana, za nthawi za latency mu carcinogenesis" (tsamba 401).
Komabe, "Kupitiriza kuyamwitsa nyama kwa nthawi yayitali kumachepetsa kufalikira kwa mitundu ingapo ya zotupa zodziwikiratu" (tsamba 429).

"Zomwe zilipo zimagwirizana makamaka ndi kuchuluka kwa zotupa osati kukula kwawo pambuyo poyambira. Zochitika zingapo mu

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kukula kumene kumasinthidwa ndi zinthu za zakudya ndi umboni wosakwanira wokhazikitsa njira zochiritsira zilizonse zomwe tikudziwa panopa "(tsamba 402). Zikuwoneka kwa ife kuti Cowdry alibe chidwi chochepetsa kuchuluka kwa zotupa; ali ndi chidwi. pokhapokha pavuto lopeza njira zochiritsira zochiritsira khansa komanso kuti osati kudzera mukuwongolera zizolowezi zathu zamadyedwe, koma kudzera mu bungwe la mapiritsi ongoyerekeza kapena zina.

Ndizosangalatsa kudziwa kuti ndi liti komanso komwe asayansi adzazindikira zomwe zimayambitsa khansa. Pakalipano apeza "carcinogenic agents" 400, zomwe Cowdry akunena kuti: "M'modzi mwa anthu 100 aliwonse a khansa omwe madokotala amakumana nawo ndi ma carcinogens enieni, kapena kuphatikiza kwa carcinogens, kuzindikirika" (tsamba 390). Potsutsa izi tawona kale momwe zakudya "zabwinobwino" (zachilendo) zimalimbikitsa zotupa mu 80 mwa 100 mbewa zopanda khansa pazochitika zina ndi 150 mwa 198 pazochitika zina. Mlingo wake unalepheretsa kwambiri kuchuluka kwa khansa pakati pa mayiko onse ndipo m'malo mwake kudya zakudya zachilengedwe kumapangitsa kuti munthu asamadwale khansa. M'malo mwake, sali wokonzeka kuyikapo chomwe chimayambitsa khansa, zakudya zopanda thanzi, pakati pa zinthu zina zomwe zimapangitsa kuti pakhale khansa.

Ngakhale adakali wodabwa ndi khalidwe la maselo owopsa, akulemba (p. 43):

"Zimapita pafupifupi popanda kunena kuti Aristotle, kapena Darwin, ngati iye anali nafe lero, atha kuphatikiza mfundo zonse monga momwe timawadziwira za ma cell a khansa ndikupereka kufotokozera za machitidwe awo oyipa. Mwina m'zaka zikubwerazi izi zidzachitika ndipo tidzadabwa chifukwa chake takhala akhungu kwa nthawi yayitali. Pakali pano, tikuimitsa kuphunzira pang'ono apa ndi apo." Koma ndikupempha kuti ndinene kuti Aristotle sakufunika pano, kapena Darwin. Zili zokwanira kuti Cowdry atuluke m'malo a labotale yake ndipo, kuyiwala kukhalapo kwake kwa kamphindi, kuloza maso ake kwa

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nyenyezi, dzuÿa, mwezi, mitengo ndi maluwa, kuti alowe m'maganizo m'zinsinsi zawo ndi kuzindikira molongosoka ndendende mmene dziko lonse likuzungulira. Kodi wasayansi aliyense angathe kuwononga dziko lapansi ndi kupanga dziko lake m'malo mwake? Asayansi amawononga zamoyo, dziko losuntha limenelo ndikupereka umunthu ndi dziko la zomanga zawo, ndi mkate wawo, ma amino acid awo, mavitamini awo opangira ndi mchere wawo wopangira. Ndizosangalatsa kudziwa ngati atawerenga mizere iyi, asayansi adzayikabe chidziwitso chawo pamwamba pa nzeru za chilengedwe cha Dziko lapansi.

Kupitilira pa Cowdry amawerengera kuchuluka kwa zotupa zowopsa zomwe zimazimiririka zokha ndipo pamapeto pake amapeza mfundo zotsatirazi (tsamba 545):

1. Makhansa ena ang'onoang'ono ang'onoang'ono nthawi zina amapezeka m'magulu akuluakulu manambala m'mawere, prostate ndi chiberekero. Zambiri mwa izi sizimakula, zimakhala zobisika kwa zaka zambiri kapena zimangobwerera mwakachetechete.

"2. Zosintha, zomwe nthawi zambiri zimakhala zosakhalitsa, kukula kwa khansa yopangidwa bwino siziwoneka kawirikawiri. Izi zikhoza kubweretsedwa ndi ntchito ya zinthu zambiri zomwe zimakhudza kuchuluka kwa maselo owopsa ndi a stroma.

"3. Kusintha kosadziÿika kwa mtundu wa zotupa zowopsa nthaÿi zina kumachitika popanda chifukwa chenicheni.

"4. Pali zitsanzo zingapo zolembedwa za kutha kwa neuroblastomas mwa ana. Ena mwa iwo izi zimagwirizana ndi kusiyanasiyana kwapang'onopang'ono kwa maselo owopsa pazifukwa zosadziwika.

"5. Milandu yotsimikizika yowerengeka ya kutha kwa khansa yatha zafotokozedwa zomwe sizingafanane ndi chithandizo choperekedwa. Mwachiwonekere, mitundu ina ya maselo owopsa amakhala osowa kwambiri oyendetsedwa ndi machitidwe a thupi.

Kodi chingakhale chiyani chomwe chimapangitsa kuti zotupa ziziyenda modzidzimutsa, ngati sikusintha mwamwayi komanso kosawoneka bwino pazakudya za wodwalayo? Pakhoza kukhala njira imodzi yokha ya opambana

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chithandizo cha khansa. Chotupacho chiyenera choyamba kulandidwa zakudya zomwe zawonongeka, ndiyeno ziyenera kufa ndi njala ndi kuphedwa mwa kuchepetsa kudya ngakhale zakudya zachilengedwe. Ngati pakufunika, maselo abwinobwino, nawonso, akhoza kusungidwa m'malo a njala kwa nthawi inayake. Pambuyo pa kutha kwa chotupacho mosavuta kubwezeretsedwa ku mphamvu zawo zakale kachiwiri.

Ntchito ndi Ndalama Zokonzera Zakudya Zophika Ndi Palibe koma Kuwononga Kwambiri

Monga taonera kale, mwamuna weniweni amakhala ndi chakudya chosaphika chokha. Zakudya zonse zophikidwa ndi zakumwa zomwe zimadyedwa padziko lapansi zimatayika popanda cholinga. Ndalama zomwe amazigwiritsa ntchito zimangowononga chabe. Pongoona koyamba mawuwa angaoneke osakhulupiririka, koma ndi chowonadi chosavuta, umboni wake womwe ndaupeza mwa chokumana nacho changa changa.

Poyamba, tinkaganiza kuti tifunika kuwonjezera kudya zakudya zosaphika monga momwe tinkachepetsera kudya zakudya zophikidwa, koma posakhalitsa tinazindikira kuti tinalakwitsa. Ngakhale kuti poyamba padali kufunika kwakukulu kwa zakudya zachilengedwe kuti abwezeretse kuwonongeka kwa thupi ndi kukonzanso ziwalozo pozilimbitsa ndi maselo atsopano omwe akugwira ntchito, pambuyo pake kufunikira kumeneku kunachepa.

Tinadabwanso ndi chakudya chochepa chimene mwana wathu wamkazi Anahit ankadya. Amayi ake, chifukwa cha kuopa kwawo kuperewera kwa zakudya m’thupi, ankakonda kum’kakamiza kudya kwambiri, koma mwanayo anakana mosalekeza kutero. Pang'ono ndi pang'ono, zinandionekeratu kuti zipatso ndi dzinthu zomwe zili mumsika waiwisi zimakhala zopatsa thanzi kwambiri ndipo, chifukwa chake, zochepa kwambiri zimakwaniritsa zosowa za thupi lathu. Ndicho chifukwa chake mwana wodya zosaphika sayenera kukakamizidwa kudya kwambiri kuposa momwe angafune. Si nkhani yongopeka tikamva za munthu amene akukhala kwa miyezi ingapo pa deti kapena mtedza patsiku.
Odya ophika amatha kudya zakudya zokhala ndi mbale zophika, chifukwa zilibe chakudya m'lingaliro lonse la mawuwo.

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Nyama zodya zitsamba nazonso zimadya udzu wambiri, chifukwa udzu umakhala ndi roughage; michere yeniyeni mmenemo ili m'malo omwazikana ndi mochepa kwambiri.

Nyamazo zimathira roughage m'matumbo mwake kangapo patsiku, pamene wodya zosaphika wamba amangofunika kungoyenda kamodzi patsiku. Kutuluka m'mimba mopitirira muyeso, kupezeka kwa zotsalira za zipatso zosagayidwa mu ndowe ndi kufuna kukadya kangapo patsiku ndizizindikiro za kudya mopambanitsa, zomwe wodya zosaphika ayenera kuzipewa. Kuchuluka kwa zipatso zomwe ndimadya nthawi zambiri sikungofanana ndi zomwe zimadyedwa ndi wophika aliyense wokonda zipatso. Pazimenezi ndikuwonjezera mbale ya chimanga cha saladi patsiku, chomwe chimathandiza kutseka kusiyana kwa zakudya zomwe zilipo mwa onse ophika ophika, chifukwa cha kusowa kwa zakudya zachilengedwe. Paulendo wosavutawu mulibe malo, ndithudi, pazakudya zonse zomwe zidawonongeka zomwe ndidatenga kale.

Kodi chingakhale chithunzi chotani ngati dziko lonse litasintha mwadzidzidzi ndikutsatira malamulo achilengedwe a kadyedwe? Ngakhale kupanga zipatso kukanakhalabe pamlingo wake wamakono, pambuyo polola munthu aliyense mbale yodzaza saladi ya ndiwo zamasamba kapena chimanga patsiku ndipo motero kukhutiritsa zokhutiritsa zokhutiritsa za dziko lonse, pangakhalebe monga chakudya chosafunidwa chotsala cha nyama zonse, shuga, tiyi, khofi, koko, zakumwa zoledzeretsa komanso zosaledzeretsa, fodya, margarine, komanso gawo lalikulu la phala ndi chimanga zomwe zimagwiritsidwa ntchito masiku ano.

Tiyeni tsopano tione zimene zimachitika, pambuyo pa zonse, pa chakudya chonsechi chomwe chawonongeka zomwe zikudyedwa padziko lapansi pano. Ndipotu, imatayidwa m'njira zitatu.

1.Chifukwa cha kuchepa kwa ma cell apadera, ma munthu weniweni amayenera kulekerera kukhalapo kwa chiwerengero cha maselo a parasitic omwe amapangidwa kuchokera ku chakudya chophika, kuti apitirizebe kuchepa kwa ziwalo zake ndi machitidwe.

2. Chakudya chochuluka kwambiri chimadyedwa ndi munthu wabodza.

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3. Mosasamala kanthu kuti munthu ali ndi thupi limodzi lokha kapena ngati ali ndi matupi awiri (monga momwe amasonyezera kuonda kwake kapena kulimba), gawo lowonjezera la chakudya, lomwe limalowetsedwa m'thupi mwa njira yoledzeretsa. amene ali kupitirira assimilative mphamvu ya maselo, amangotentha kutali ndi kusiya thupi kudzera njira zosiyanasiyana. Kuchuluka kwa zakudya zomwe zimatayidwa kumaphatikizapo gawo lalikulu la zakudya zonse zomwe zimadya.

Chinthu chomvetsa chisoni kwambiri pa funsoli ndi chakuti maselo apadera amawononga mphamvu zambiri zomwe amapeza kuchokera ku zakudya zachilengedwe kuti aphwanye zakudya za munthu wabodza, kuti azilowetse m'magazi, kuti zitsimikizidwe kuti zikuyenda bwino. a ziwalo zotulutsira m'mimba ndi kuthamangitsa m'thupi zotsatira zoyipa za zakudya zophika. Mwachitsanzo, atagwira ntchito mosalekeza tsiku lonse, maselo ogwira ntchito ali ndi ufulu wopuma pang'ono; m'malo mwake, amakakamizika kuponya pabedi mpaka kutuluka kwa tsiku kuti atulutse m'thupi ma calories owonjezera mwadyera analowetsedwa m'thupi ndi munthu wonyenga.

M'mbuyomu, ndinali wosusuka komanso wokonda nyama mopambanitsa. Chifukwa cha zimenezi, moyo wanga wonse ndinali ndi vuto la kusowa tulo. Sindikukumbukira kuti ndinagonapo pakati pausiku kapena kuti ndinadzuka mofulumira kwambiri kuti ndiwone kutuluka kwa dzuwa. Ndinkakonda kukhala maso mpaka 3 koloko kapena 4 koloko m’mawa ndipo ndinkadzuka 8 kapena 9 ndi mutu wolemera. Mwamwayi, nditatha kudya zakudya zosaphika, vuto langa losagona tulo linazimiririka, koma ngati ndiyesera kudya chakudya chamadzulo madzulo, ndimayenera kukhala maso mpaka m'bandakucha. Kuyambira ali ndi zaka 2, Anahit sanadzukepo usiku.

Mavitamini ndi mchere omwe amapezeka muzakudya zophikidwa ndi zabodza, zakufa, zosagwirizana komanso zovulaza. Zakudya zophikidwa si kanthu koma zomangira zosweka ndi mafuta olakwika; Maselo opanda pake omwe amapangidwa kuchokera ku zipangizo zomangira zoterezi ndi katundu wosafunika pa maselo abwinobwino. Kutentha komwe kumapezeka kuchokera kumafuta oterowo kumakhala koopsa komanso kovulaza, pomwe mphamvu yopangidwa kuchokera pamenepo (yolimbikitsa mphamvu) imakhala yochulukirapo komanso yopanda phindu. Mphamvu imeneyi imayendetsa mopanda cholinga ma injini a fakitale kunja kwa maola ogwira ntchito; kumapangitsa mtima kugwira ntchito mowirikiz

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imasokoneza zina zomwe zida zofunika za fakitale yonse zimafunikira kwambiri, kuzitopetsa m'malo mwake ndikuzitopetsa pachabe. Kugona ndi chitsanzo chimodzi cha zotsatira zake zovulaza.

Kodi chimachitika n'chiyani madokotala osalangizidwa apanga njira zochepetsera kunenepa kwambiri? Amakonza zoletsa zonse pakudya kwa tsiku ndi tsiku, chifukwa chake mndandanda wawo wazakudya zoletsedwa umakhala ndi zakudya zofunikira komanso zopatsa thanzi monga mtedza, ma almond, zoumba, madeti, nkhuyu, nthochi. Mwa kuyankhula kwina, amachepetsa kulemera kwa munthu amene akulandira chithandizo pamtengo wochepetsera ndi kumufooketsa kwambiri, ndipo motero amawononga kwambiri thanzi lake. Zikatero, chifukwa cha kuchepa kwa zakudya zomwe zawonongeka, munthu wabodza amangotaya mafuta ochulukirapo, pomwe chifukwa choletsa zakudya zachilengedwe, maselo abwinobwino amasowa michere yofunika kwambiri. Choncho, zimatsatira kuti munthu wonyengayo amakhalabe wolimba m'malo mwake, pamene mwamuna weniweniyo amawonda kwambiri.

Timakumana ndi chitsanzo chosangalatsa kwambiri cha zotsatira za zoletsedwa zakudya pa phunziro la khansa. Pokambirana funsoli Cowdry akuti: "Zikuwonekeratu kuti kuchepetsa zochitika za khansa ya m'mawere, zomwe zimabweretsedwa ndi zoletsa zakudya, zimagwirizana ndi kuchepa kwa ovarian mu mbewa" (op. cit. p. 398). Tikufunanso chiyani? Motero zadziwika chifukwa cha khansa ya m'mawere. Tsopano zatsala kuti madokotala ayimitse kwathunthu ntchito ya ovarian mwa amayi kuti awapulumutse ku khansa ya mawere a mammary.

Koma ndithudi pali malongosoledwe osavuta a zomwe zimachitikadi. KUPANDA KUKHALA KWAMBIRI kwa kudya kwa calorie kumakhala ndi zotsatira ziwiri zotsutsana pa chamoyo. Kumbali imodzi, kuletsa kudya zakudya zomwe zawonongeka kumalepheretsa mapangidwe a khansa, pomwe, kumbali ina, kuchepa kwa zakudya zachilengedwe kumasokoneza magwiridwe antchito am'mimba.

Sayansi ya zamankhwala ili ndi zotsutsana zomvetsa chisoni zoterozo. Pamene a matenda ena amakokera kwa wokha zoipa mafunde a zakudya zachilendo, chamoyo cha wodwalayo amapeza tsankho chitetezo chokwanira ku matenda ena. Mwachitsanzo, anthu omwe ali ndi matenda a shuga,

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arteriosclerosis ndi matenda ena opatsirana sakhala ndi khansa. Mayesero amisala apangidwanso kuti apangitse anthu kukhudzidwa ndi mabakiteriya osiyanasiyana omwe amati amapewa khansa.
Zomwezi zimachitikanso pamlingo wocheperako panthawi ya katemera, pamene ana amatetezedwa ku matenda oopsa kwambiri pambuyo pake. Nthawi yomwe amuna asankha kuteteza thanzi la ana awo ndi malamulo achilengedwe, njira zosakhala zachibadwa zoterezi zidzakhala zosafunikira, ana osalakwa adzamasulidwa ku katemera woopsa ndipo katemera adzadutsa m'mbiri.

Mayesero amasonyeza kuti munthu wabodzayo ataitanidwa kukhalapo, zoletsa pang'ono zakudya sangathe fufuzani chitukuko chake. Ngakhale kuchepa kwa 10-15 peresenti m'zakudya ndikokwanira kuti chikhale chamoyo. Munthu wanzeru ayenera kusamala kuti asapatse chilombocho chakudya chimodzi chokha. Ndachotsa ziwalo zonse za gouty concretions pamapazi anga, koma ngati nthawi ina iliyonse ndikapeza mwayi wodya nyama, maola angapo pambuyo pake nyundo ikuwomba zimandidziwitsa kuti uric acid walowa m'malo olumikizirana mafupa a zala zanga zazikulu. Nthawi zambiri ndinkapanga zoyeserazi m'zaka zoyambirira za maphunziro anga pa kudya zosaphika.
Mwachiwonekere, malo omwe amachotsedwa uric acid akadali opanda kanthu ndipo njira zomwe zimawatsogolera ndizotseguka. Nyama ikangolowa m'thupi, imasandulika kukhala uric acid, yomwe imafulumira kutenga malo ake.

Maselo a munthu wonyenga sabwerera mmbuyo mosavuta, mwinanso. Amanama wobisalira, wotsala pang'ono kufa, koma woyembekezera. Mwamsanga pamene chidutswa cha chakudya chonyowacho chinawafikira iwo anayamba kutsitsimuka ndi kuchulukana. Kuwongolera kulemera kwa thupi kuyenera kuperekedwa kwathunthu ku zakudya zachilengedwe. Munthu amene amanena kuti kuwonda kwambiri sikuli kwabwino kwa thanzi lanu, kwenikweni, akukulimbikitsani kuti muzisamalira ndi kudyetsa ma kilogalamu ambiri a maselo odwala ndi tizilombo toyambitsa matenda kuti thupi lanu likhale lolemera. Panthawi imodzimodziyo ndi kupha munthu wabodza, zakudya zachilengedwe, pang'onopang'ono, zidzawonjezera kulemera kwa mwamuna weniweni ku mlingo wamba wofunidwa ndi chilengedwe.

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Atachotsa unyinji wopanda pake wa mnofu umenewo, munthu amene kale anali atanyamula thupi lake ndi ma kilogalamu 40-50 a maselo a matenda ndipo sakanatha kukwera sitepe imodzi osathandizidwa ndi chochirikiza tsopano adzatha kukwera mapiri popanda kutembenuza tsitsi. Munthu woteroyo sayenera kuda nkhaÿa konse ndi kuwonda kwake mofulumira; m'malo mwake, ayenera kukondwera nazo. Munthu wanzeru sayenera kulekerera njere imodzi ya nyama yopanda pake pathupi lake. Mwachidule, aliyense ayenera potsiriza kuzindikira kuti polowetsa chidutswa chilichonse cha chakudya chophikidwa m'thupi mwake amadyetsa munthu wabodza, mdani wake wosalapa, wakupha wake wopanda chifundo; amachirikiza matenda onse odziwika ndi osadziwika; adzikonzera njira ya

Malinga ndi maganizo a munthu wophika wophika ayenera kudya bwino kuti akhale ndi thanzi labwino. M'mawonedwe ake mimba yopanda kanthu imatanthauza thupi lanjala. Sakudziwa kuti munthu wokhuta uja ndi wodwaladi. M'mimba mwake zimamuvuta kutulutsa zakudya zomwe sizinali zachilengedwe panthawi yake. Komano, m'mimba mwa wodya zosaphika nthawi zonse mumakhala wopanda kanthu kapena, mulimonse mmene zingakhalire, n'ngopepuka kwambiri moti samva chilichonse. Amamva kudzaza matumbo ake, chifukwa ndi kumene chakudya chimene wadya chimasamutsidwa nthawi yomweyo. Ngakhale chakudya chochuluka sichikhala m'mimba mwake nthawi yaitali; imadutsa msanga m'matumbo ndipo, ikagayidwa kapena yosagayidwa, imachoka m'thupi popanda kuvulaza kwambiri zamoyo.

Chifukwa chake, palibe mpweya womwe umapangidwa m'mimba mwa wakudya. Ngati chakudya chochuluka chidyedwa, mpweya ukhoza kupangidwa m'matumbo, koma amatha kuchoka m'thupi mwa njira yabwino. Wodya zosaphika amawona kusiyana pakati pa machitidwe awiri a zakudya momveka bwino pamene akuyesera kuti adye chakudya chamadzulo kwa miyezi ingapo atasiya. Apa m'pamene amadabwa kuti zikanatheka bwanji kuti akhale ndi moyo wodwala ndiponso womvetsa chisoni chonchi n'kumaona kuti moyo wonyansawu ndi wabwinobwino.

Mankhwala a Wophika-Wodya Ndi Zonse
Sayansi Yolakwika

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Monga taonera, matenda amabwera chifukwa cha kuwonongeka kwa zinthu zofunika kwambiri za fakitale ya anthu. Choncho, thanzi likhoza kubwezeretsedwa ngati kukhulupirika kwa zipangizozo kubwezeretsedwa. Koma kodi maziko a ntchito yonse ya sayansi ya zamankhwala yamakono nchiyani? Kodi kwenikweni madokotala amachita chiyani? Amayesa kopanda phindu kuti abwezeretse umphumphu umenewo mwa kudya zakudya zowonongeka, mavitamini ochita kupanga, mchere, mahomoni ndi unyinji wa mankhwala akupha, ndipo panthawi imodzimodziyo amachotsa ndi kutaya tiziwalo timene timatulutsa ndi ziwalo zonse zomwe zawonongeka kosatheka ndi zosagwira ntchito. zotsatira za kuwonongeka kwa zipangizo zachilengedwe

Anthu onse amakhala muumbuli woopsa. M'malingaliro a odya ophika, kudya zinthu zophikidwa ndi chinthu chachibadwa, pamene kudyetsedwa ndi malamulo a chilengedwe ndi kuyesa, ndi kuyesa koopsa pa izo. Zoona zake n'zakuti amuna awononga mosadziÿa KULINGALIRA KWAKHALIDWE kopangidwa mwachibadwa, ndipo kwa zaka zikwi zambiri akhala akupanga ZOYESA ZONSE ZABWINO mwa zakudya zophika, zopangira zopanga ndi zinthu zapoizoni kuti apeze kulinganizika kwatsopano, kulinganiza kwawo. Zotsatira zaposachedwapa za kuyesa kumeneko ndizo matenda ochuluka omwe ali ponseponse padziko lapansi lerolino.

Ndikaitana anthu kuti ayambe kudya zakudya zosaphika, sindikufuna kuyesa kwatsopano. M'malo mwake, ndikuwapempha kuti AYIKE KUTI ZIMENE ZOPHUNZITSA ZOpanda pake ZIMENE ZIMAKHALA PANTHAWI ZONSE NDI KUBWERERA KU MOYO WACHILENGEDWE.

Choncho, malinga ngati alibe nzeru, wowerenga sayenera kuyembekezera kuti ena achite "kuyesera kwatsopano" ndikumuuza zotsatira zake. Ayenera kusiya nthawi yomweyo kuyesa kwake koopsa ndikuyamba moyo wabwinobwino.

Zogulitsa zomaliza pazoyeserera zonsezo, ukadaulo wa ma laboratories ofufuza a munthu, ndiwo mapiritsi ndi ufa omwe asayansi akufuna kudyetsa nawo dziko lapansi, pomwe luso la labotale yachilengedwe ndi tirigu, mtedza ndi maapulo. Tonse tiyenera kusankha pakati pa ziwirizi. Zakudya zonse zophikidwa ndi zinthu zopangira

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kulandidwa mikhalidwe yawo yachibadwa. Amakhala ndi michere yambiri monga mapiritsi a vitamini omwe amatsatiridwa ndi zakudya zambiri.

Pali mitundu yambiri ya zamoyo, zilibe madokotala, kapena zipatala ndi malo ogulitsa mankhwala, komabe, kupatulapo omwe ali pansi pa chisamaliro cha anthu, amakhala osagonja ku matenda ndipo amamaliza utali wawo woyenerera wa moyo wolingana ndi thupi lawo. malamulo oyendetsera dziko, kuyambira masiku ochepa mpaka mazana a zaka. Chifukwa cha mpangidwe wangwiro wa thupi lake, munthu ayenera kusangalala ndi moyo wautali ndi wathanzi kuposa cholengedwa china chilichonse padziko lapansi. Ngakhale kulibe zakudya zosaphika, pali zochitika zosonyeza kuti amuna amatha kufika zaka zapakati pa 150-180, chifukwa chokhala m'mikhalidwe yomwe kuchepa kwakukulu kwa zakudya kumapewa. Mfundo yakuti anthu ambiri amakhala ndi moyo wocheperapo ndi umboni woonekeratu wakuti pali chinachake cholakwika ndi moyo wawo Nyama zimadya kwambiri masamba obiriwira ndi mapesi a zomera. Anthu ali ndi zakudya zopatsa thanzi komanso zokongoletsedwa bwino kwambiri zomwe, zitadutsa masamba ndi mapesi, mitengo ikuluikulu ndi nthambi za mbewuzo, zabwera pamodzi mumbewu ndi zipatso zake.

Yakwana nthawi yoti akatswiri a zamoyo avomereze kuti apatuka panjira yolondola ndipo akufufuza molakwika. Ayenera kuvomereza, kuwonjezera apo, kuti sikutheka kubweza zotayika m'zakudya zachilengedwe zopangira zopangira zopangira; kuti ziphe alibe mphamvu zobwezeretsa kuwonongeka kwa ziwalo zosiyanasiyana; kuti ziwalo zathu ndi tiziwalo timene timatulutsa ting'onoting'ono ting'onoting'ono ta thupi lathu motero siziyenera kudulidwa kapena kuchotsedwa. Lero, ndikuwawonetsa njira yosavuta komanso yosavuta yochotsera thupi la munthu ku matenda onse moyenera komanso mosamalitsa. NDIKUWONONGEDWA KWA MATENDA NDI MASELU OSATHANDIZA THUPI, PODULA ZOPEREKA CHAKUDYA CHACHISANGALATSO, NDIKUSINTHA M'MALO NDI MASELO ATHANZI NDI AMENE AMAPHUNZITSIDWA KUCHOKERA KU ZOTHANDIZA ZA chibadwa. Kuti atsimikizire kuti mfundo zanga ndi zowona, amangofunika kugwira ntchito kwa miyezi ingapo.

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Cholinga cha madotolo ndi akatswiri azachilengedwe chiyenera kukhala chiyani, ngati sichoncho kumasula za anthu ku matenda? Kudya zosaphika ndi njira yokwaniritsira cholinga chimenecho.

Ayenera kulengeza nthawi yomweyo ngati akufuna kuwona a dziko lopanda matenda. Ngati atha kutsimikizira kuti mawerengeredwe awo ndi olondola kuposa mawerengedwe achilengedwe, komanso kuti odya zosaphika padziko lonse lapansi amadwala matenda m'malo mochira, nthawi yomweyo ndipuma pabwalo limodzi ndi mabuku anga ndipo khala chete. Kupanda kutero, ndithudi sangakakamize anthu kupirira matenda kungoti atsegule zitseko za zipatala ndi zogulitsira mankhwala.

Ayenera kudzigwirizanitsa okha ku lingaliro lakuti kuyambira pano Kukonza zakudya zophikidwa ndi malingaliro awo kudzawonedwa ngati milandu yotsutsana ndi anthu onse, ndipo "mankhwala" ndi poizoni monga matsenga azaka zophika. Madokotala anzeru ndi aumunthu amasiya nthawi yomweyo malingaliro amenewo ndikupempha anthu kuti amvere lamulo lachilengedwe. Manja a dokotala amene ali ndi chikumbumtima chotsalira mumtima mwake ayenera kunjenjemera polemba mayina a zinthu zakupha ndi mavitamini ochita kupanga, ndipo milomo yake iyenera kunjenjemera potchula mayina a zakudya zophikidwa. Ntchito zawo zili ngati kupereka chilango cha imfa kwa anthu osalakwa. Lolani zimenezi kuzindikiridwanso ndi makolo onse.

Mwina ena mwa owerenga anga sangakonde kamvekedwe kanga ka kulemba. Mu maganizo awo, mawu anga ayenera kukhala asayansi kwambiri (okongoletsedwa ndi mawu achilatini osamveka kwa anthu ambiri), ogwirizana (odandaula), okhwima (onyenga), olekerera (osakhulupirika), aulemu (kunama) komanso ochenjera (wogonjetsa.). Koma ndimakonda kukhala wotsimikiza, wowona mtima komanso wolimba mtima. Umo ndimo ndidzakhala, ngakhale nditapeza dziko lonse likutsutsana nane. Ndili ndi chidaliro kuti ndidzathandizidwa ndi anthu onse anzeru ndikutsimikiziridwa ndi mibadwo yamtsogolo.

Ndikaganizira malangizo a nkhuku msuzi, yolk wa dzira, chiwindi chokazinga kapena zipatso zophikidwa kwa odwala, makamaka kwa ana aang'ono, mchitidwe waupandu, sindikupanga miseche. Komanso

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Kodi ndimachimwira choonadi pamene ndimaona ngati matsenga maopaleshoni onse achipatala amene, m'malo moyeretsa mitsempha ya magazi a wodwala amene waima pafupi ndi imfa mothandizidwa ndi chakudya chachibadwa, kulimbitsa minyewa ya mtima wake ndi kupatsa. iye kubwereketsa kwatsopano kwa moyo wautali, iwo amakulitsa zotengera zake ndi poizoni irritants, kulimbikitsa ntchito za mtima ndi "mikwingwirima ya chikwapu", kuchepetsa unyinji wa magazi ndi kulola magazi kapena degenerate ndi kuchepetsa ndi njira yokumba. Bircher-Benner ndi asayansi ena ambiri ozindikira nawonso, awonanso ntchito zotere monga matsenga, chinyengo ndi buffoonery.

Ndithudi sindine wolakwa wa chisembwere pamene, kudalira wanga zanga, njira zochepa kwambiri, ndimafufuza mozama ndipo, malinga ndi zomwe ndapeza, ndikulengeza kuti akatswiri a cytologists ali ndi mlandu wamisala akamawotcha masauzande ambiri azinthu zopatsa thanzi muzakudya zachilengedwe ndikuyika ma cell kuti awonongeke kwambiri, kenako kuwononga. mamiliyoni a ndalama zaboma adayesa pachabe kubwerera m'maselo awo NTCHITO ZONSE ZOTAYIKA NDI NTCHITO zawo potulukira CHINTHU CHIMODZI CHOCHITA.

Tiyeni titenge chitsanzo, dokotala amene ndinapereka chisamaliro kwa ana anga awiri okondedwa. Choyamba, mwa kunamizira kuwathandiza kugaya kwawo ndi kuchirikiza mphamvu zawo, adawaletsa zipatso zosaphika ndikuwalimbikitsa ma compotes ndi "zakudya zopatsa thanzi" m'malo mwake. Pambuyo pake ponena za kuledzera kwadzidzidzi komanso matenda obwera chifukwa cha malungo, adapereka mankhwala owopsa a quinine ndipo, pambuyo pake, mwa mayeso osawerengeka ndi kuyesa, "zakudya" zolimba kwambiri komanso kuchuluka kwa mankhwala osiyanasiyana komanso maantibayotiki amakono adawalanda ana nkhokwe zawo zomaliza za mphamvu. Dokotala woteroyo analidi ndi mlandu wa ULAWA WOOPSA KWAMBIRI, ngakhale kuti anachita zonse mosadziÿa. Nomba, pa kuti aleke ukubwekeshapo umulandu umo uwa ku bana bambi, tufwile ukuleta umulandu wakwe ku ng'anda no kumulenga aishibe ukuti ali no mulandu wa kubifya sana. Ngati mankhwala kuti

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ana anga anatenga zaka 14 anagwiritsidwa ntchito, gulu lonse lankhondo lidzawonongedwa kotheratu.

Udindo ndi wofanana kapena wocheperako lero. Mu m'badwo uno wa sayansi kupita patsogolo, ndikuwonabe ana ambiri ofooka, ofooka omwe amayi awo amawalimbikitsa ndi kuwawopseza kuti adye mpunga, nyama, mazira, mkate, uchi, batala ndi makeke, pomwe nthawi yomweyo amawaletsa kwambiri nkhaka, nthochi "kusagawika", yamatcheri ndi mphesa "kuyambitsa kutsekula m'mimba", ndi mabulosi ndi mavwende a "kuyambitsa kutentha thupi". Kodi ndingapirire bwanji mosalabadira mkhalidwe womvetsa chisoniwu?

Aliyense amadziwa momwe thupi la munthu limapangidwira. Kambewu ka chimanga kamakhala ndi kamangidwe kake kofanana.
Tikaukulitsa, umakhala thupi logwira ntchito ndi lotukuka lomwe limakhala ndi kupuma ngati munthu, kupatulapo kuti silingathe kulankhula ndi kuyenda.
Zinthu masauzande ambiri zomwe zili zofunika kwambiri kuti tizigawo ting'onoting'ono tating'ono tating'ono tating'ono tating'ono tigwire m'menemo mu kuchuluka kwake kofunikira komanso mawerengedwe olondola kwambiri. Tikasandutsa tirigu wamoyo kukhala mkate, timawononga zonse zomwe zili mmenemo kupatula phulusa lake: wowuma wakufa ndi shuga. Kulingalira phulusa limenelo kukhala chakudya chenicheni, tanthauzo lachitsime chimene mayi amachipereka kwa mwana wake, koma iye akuwopa kumpatsa iye tirigu wamoyo.

Mofananamo, zakudya zonse zophikidwa padziko lapansi, zomwe anthu afupikitsa amaziwona ngati zakudya zabwino, sizili kanthu koma milu ya motley ya phulusa lonunkhira komanso lopaka kwambiri. Mavitamini ndi ma slats opezeka mwa iwo ndi akatswiri a zamoyo ndi zinthu zopanda moyo, zopanda moyo.

Selo lamasamba lamoyo likangophikidwa, limasiya kukhala chakudya; zimatuluka m'chilengedwe chake n'kusanduka chinthu chochita kupanga. Mayi akapatsa mwana wake mkate wake woyamba, mkaka wouma kapena zinthu zina zophikidwa, amayamba kugwiritsa ntchito zinthu zopangazo kuti ayese mwana wakeyo mopanda chifundo komanso mopanda chifundo.

Cholakwika chachikulu cha sayansi ya zamankhwala chagona pa kusawona bwino kwambiri. Ngakhale katswiri wodziwika bwino wa cytologist monga Cowdry amaganizira

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zakudya zamoyo komanso zangwiro monga tirigu, mbewu ndi zipatso kuti zikhale "zakudya zofananira komanso zosavuta zakuchokera kwanuko". Mosiyana ndi zimenezi, iye amaona milu ya phulusa yamitundumitundu imene imadyedwa ndi anthu monga “zakudya zamitundumitundu zosonkhanitsidwa kuchokera kumadera ambiri a dziko lapansi” (op. cit. p. 220), ndipo amayembekeza Aristotle kubwera kudzamuwonetsa iye chakudya chambiri chambiri. kusiyana kwenikweni pakati pa ziwirizi.

Ngakhale ndikutsutsa mwamphamvu dongosolo lamakono lachirengedwe, ndimatero osakhala ndi chidani ndi aliyense. Ndikungomva chisoni chachikulu kwa amuna ndi akazi onse popanda kupatula, chifukwa akhala akulakwira anthu awo, ubale wawo komanso anthu mosadziwa komanso mosaganizira. Koma amene alimbikira M’zolakwa zawo pambuyo powerenga mizere imeneyi, Adzatsutsidwa ndi munthu aliyense wanzeru.

Tsopano yafika nthawi yoti akatswiri a sayansi ya zamoyo asankhe chimodzi mwazinthuzi njira ziwiri zowatsegukira. Kaya ayenera kuvomereza nzeru zosalephera za chilengedwe ndikumasula umunthu ku zowawa zake zonse nthawi imodzi kapena, kunyalanyaza malamulo a chilengedwe ndikudalira malingaliro awo okha, ayenera kuona mkate woyera kukhala wapamwamba kuposa tirigu wamoyo, amawona kuti chochita kukhala chokhazikika. zabwino kuposa zachilengedwe, ndipo limbikirani kuyesa kwawo kovulaza monga kale. Kodi zotsatira zake zidzakhala zotani? Tiyeni tiyerekeze kuti mkhalidwe wamakonowo unapitirizabe kwa mibadwo yoÿerengeka yowonjezereka, mkati mwa nthaÿi imene chiÿerengero cha mankhwala kwenikweni chinaÿirikiza kaÿiri; chiwerengero cha mavitamini ochita kupanga chinawonjezeka kanayi, nyumba iliyonse inasinthidwa kukhala chipatala ndipo munthu aliyense anakhala dokotala. Kodi tingapindule chiyani ndi zonsezi, pamene madokotala eni ake amadwala kwambiri kuposa gulu lina lililonse la anthu ndipo nthaÿi zambiri amamwalira anthu onse asanamwalire?

Udindo wonse pakusokeretsa dziko uli pa akatswiri otsogola: akatswiri ofufuza zamoyo ndi maprofesa azachipatala. Madokotala wamba sayenera kuimbidwa mlandu, chifukwa amangogwiritsa ntchito zimene aphunzitsidwa ndi aphunzitsi awo. Palibe injiniya amene amapatsidwa ntchito yokonza fakitale asanadziwe zonse zokhudza ntchito yake. Ndithudi sikutheka kudzaza gulu la anthu ndi zidutswa zoyambira za

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chidziwitso, zongopeka, zongopeka ndi nthanthi zotsutsana, ndiyeno kuwapatsa ufulu wokwanira kusewera ndi miyoyo ya anzawo pogwiritsa ntchito zikwizikwi za ziphe, zida zozunzika ndi madongosolo a capricious, ndipo zonsezi popanda cholepheretsa kapena chopinga chilichonse. Tiyeni tiyerekeze kwa kamphindi kuti mabuku onse azachipatala ndi maencyclopedia padziko lapansi ndi olondola. Ndiye; kuti aziwaloweza dokotala angafunike miyoyo khumi ndi iwiri ndipo ngakhale pamenepo sakanatha kumvetsetsa gawo limodzi mwa magawo chikwi a machitidwe osawerengeka omwe akugwira ntchito m'thupi la munthu.

Ngati wodwala matenda osachiritsika atapita kukaonana ndi madokotala 100, amapatsidwa malangizo ndi malangizo osiyanasiyana. Kwa madokotala amangoyesa kuyesa ndi kuyesa kosavomerezeka pamenepo. Monga amene tsopano salabadira zowonadi zoonekerazi, sadzatha kuwachotsera udindo mawa. Ana amasiku ano akamakula m'kupita kwa nthawi n'kumadzipeza kuti ali ndi thanzi lofooka ndiponso akuloÿerera m'chizoloÿezi choledzeretsa, adzaimba mlandu akatswiri onse a zamoyo, atsogoleri a dziko ndi makolo awo, ndipo adzafuna kudziÿa zimene anachita atakula. werengani machenjezo awa. Kodi ankaganizabe kuti nzeru zawo zinali zazikulu kuposa chilengedwe?

Ngati sakuganiza choncho, aleke kuwononga zinthu zachilengedwe nthawi yomweyo. Ili ndilo lamulo lolimba la Chilengedwe, lomwe silivomereza kunyengerera kulikonse. Ndilo lamulo la chilengedwe chonse.

Koma lero, anthu akukhala pansi pa ulamuliro wonse wa ziwanda zomwe zasintha dziko lapansi kukhala gehena. Adierekezi aja, atavala zobvala za anamwali okongola, adzikhala pa magome a chakudya ndi m'mbale za anthu; agona pankhope pake ndi pachibwano chake, pa manja ake ndi pamiyendo yake, pakhosi pake ndi pamapewa ake, ndipo ali m'malo awo olemekezeka amaseka maganizo ake mopanda manyazi. Iwo alowa mu thupi lake ndipo akhazikika mu mtima mwake ndi moyo wake.

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Munthu “wotukuka” wa lerolino amanyoza kupembedza mafano kwa mibadwo yakale, koma sazindikira kuti iye ali wolambira mafano woipitsitsa kuposa olambira mafano akale. Kale anthu ankaika zifaniziro za nyama zosiyanasiyana n’kuzilambira; lero akupha nyamazo ndi kulambira mitembo yawo yovunda.

Munthu “wotukuka” wamakono sangayerekeze nkhanza zimene zikuchitika dziko lonse lapansi likukhala mu nthawi ino. Dona “wosakhwima” ndi “wamtima wokoma”, amene kwenikweni amakomoka ataona madontho ochepa a magazi pankhope ya mwana, amaika modekha patebulo mtima wamagazi, chiwindi, kapena chifuwa cha mwanawankhosa, n’kuuduladula pakati. onse osayanjanitsika, popanda kusinkhasinkha kwa kamphindi kuti ola limodzi lokha chilombocho chisanakhale chodzaza ndi moyo ndi nyonga. Akadawona, kuyambira paubwana wake, kuphedwa kwa khanda limodzi ndi nkhuku kapena mwanawankhosa, akanatenga mpeni ndi mphwayi mofananamo, ndipo, popanda kudandaula kulikonse, pamodzi ndi mtima wa mwanawankhosa, akanadula. mtima wa mwanayo, phika ndi kudya. Chosiyana ndi chakuti maso ake adazolowerana ndi winayo, koma osati winayo, apo ayi sakanadabwitsidwa ndi matupi a anthu atapachikidwa m’mashopu a ng’ombe, pambali pa mitembo ya ng’ombe. ndi nkhosa.

Anthu Panopa Sali Otukuka Kwambiri

Malinga ngati anthu akulimbikira kudya chakudya chophikidwa, sipangakhale mtendere weniweni kapena mtendere wosatha Padziko Lapansi. Ndi chakudya chophikidwa chomwe chimayambitsa nkhondo ndi kuphana kulikonse padziko lapansi.

Ndi chakudya chophikidwa chomwe chimabala atsogoleri oipa ndi olamulira ankhanza oopsa monga Hitler, Lenin, Stalin ndi ena. theka la dziko lakwawo lakale, kumene anakhalako kwa zaka zikwi zambiri, kuba ndi kufunkha zida zawo zaulimi, nyumba zawo ndi

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minda, mapiri ndi zigwa zake, ndiyeno mopanda manyazi akuyenda pamaso pa dziko lonse "lotukuka" popanda chilango.

Ngakhale kuti chimanga chikuchulukirachulukira, mbewu za chimanga zikusowabe kwambiri padziko lonse lapansi.

Pali zifukwa zitatu za kudodometsa kodabwitsaku: Choyamba, mwa kusandutsa buledi wonyezimira kukhala buledi woyera kulikonse, timaulanda zotsalira zake zomaliza za chakudya. Kenako, mothandizidwa ndi umuna wochita kupanga timakweza kuchuluka kwa zokololazo potengera mtundu wake. Potsirizira pake, munthu wonyengayo wakhala akukula mofulumira kwambiri kotero kuti chiwonjezeko cha chakudya chalephera kugwirizana ndi chiÿerengerocho.

Ndipo minda yambiri yolima ikugwiritsidwa ntchito kudyetsera ziweto zamakampani opanga nyama ndi mkaka.

Poyamba, amuna angavutike kufotokoza mapindu aakulu amene anthu angapeze akamadya zosaphika.

Pafupifupi nthawi yomweyo matenda aliwonse adzasesedwa kwamuyaya, ndipo kuwonjezera kulikonse ndi upandu zidzatha padziko lapansi.

Panthaÿi imodzimodziyo chiyembekezo cha moyo chidzawonjezeka kaÿiri kapena katatu ndipo padzakhala kupita patsogolo kwachuma kwa ukulu kotero kuti sikudzakhala mkati mwa kufikira kwa anthu kwa zaka mazana ambiri, ngati mkhalidwe wamakono ungapitirire.

Zonena izi ndi zoona osati zongopeka, ndipo, kuwonjezera apo, zabwino zonsezo zitha kupezeka m'njira yosavuta kwambiri. Zomwe tiyenera kuchita ndikulemekeza malamulo oyambira achilengedwe ndikuletsa kuwononge dwa kwa tirigu wamoyo komanso wosafunikira. Ngati munthu atakhala ndi luntha m’maganizo kuti aloÿe ndi kuzindikira kusiyana pakati pa tirigu wamoyo, wokangalika ndi mkate wotenthedwa, munthu akanatha kuzindikira mosavuta kusiyana pakati pa chamoyo cha munthu wodya zosaphika ndi cha chophika chophika. wakudya.

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Tiyeni tsopano tione maganizo amene olamulira amakono a dzikoli amatengera dziko ndi maulamuliro ena otsogolera ku zovuta izi. Makalata olandiridwa kuchokera kwa iwo akusonyeza kuti aÿerenga bukhu langa loyamba ndi chidwi ndi kuti amagwirizana ndi malingaliro anga. Sindinamvepo ngakhale liwu limodzi losagwirizana ndi wina aliyense. Koma izi sizokwanira. Bukhu langa si buku losangalatsa loti liwerengedwe kamodzi ndikuyika pambali. Ndi buku limene likukambidwa za mavuto ofunika kwambiri padziko lonse lapansi. Iyenera kuwerengedwa mobwerezabwereza, ndipo chiganizo chake chilichonse chiyenera kuyesedwa mosamala ndi kuganiziridwa kwa maola ambiri.

Kungakhale kulakwa ngati olamulira a dzikoli amenewo amaona kudya kosaphika monga funso lachizoloÿezi, ndipo mofanana ndi mavuto awo onse andale ndi azachuma, azipereka kwa “akatswiri” kuti apitirize kuphunzira ndi kuliganizira. Kwa zaka masauzande ambiri pakhala pali zoyesera zambiri ndi maphunziro, koma zonse zalephera momvetsa chisoni. Masiku ano, ndi udindo wanthawi yomweyo wa akuluakulu a boma kulangiza anthu KUTI AMATHE ZOCHITIKA ZONSE ZIMENEZO NDI KUBWERA KU MOYO WAWO WONSE. Masiku ano, munthu aliyense woganiza bwino ndi katswiri wodziwa kusiyana pakati pa zachilengedwe ndi zopanda chilengedwe, chakudya chamoyo ndi zakudya zopanda moyo ndi zinthu zawo zopangira, zowonongeka.

Munthu amene amalamulira anthu miyandamiyanda, sangakwanitse kulamulira pa munthu mmodzi, munthu wake.

Pakhoza kukhala zifukwa ziwiri zokha zokanira mfundo za kudya-yaiwisi: kusowa nzeru komanso kusowa mphamvu. Sipangakhale chifukwa chachitatu. “Zifukwa” zina zonse zili zongopeka chabe zimene zapititsidwa patsogolo kubisa zophophonya ziÿirizo. Anthu odzilemekeza omwe ali paudindo sayenera kupangitsa aliyense kuganiza kuti alibe kulimba mtima ndi makhalidwe abwino.

Omwe akhala akudya zosaphika kwa miyezi iwiri kapena itatu sangavomereze kubwerera ku moyo wawo wachilendo, ngakhale atatsogozedwa kuphazi la scaffold. Munthu amene amasamalira munthu wake ndipo amayamikira thanzi lake ndi ubwino wake

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ana adzapanga "kuyesa" kumeneko kwa miyezi iwiri kapena itatu popanda kukayikira. Atsogoleri amene ali ndi chidwi ndi chimwemwe ndi ubwino wa anthu awo (ngati alipo) ayenera kutsegulira njira ya kulemerera kwa anthu onse mwa zitsanzo zawozawo. Uwu udzakhala ntchito yawo yothandiza kwambiri komanso yabwino kwa anthu.

Si kukokomeza kunena kuti kuphika zakudya, kukhala osakhala zachilengedwe ndi zinthu zopangira, sizipereka njere ya chakudya chamagulu athu apadera. Kuonjezera apo, ndalama ndi zovuta zomwe zimaperekedwa kuti awapatse sizongowononga zowononongeka, koma ndi njira zowononger a ziwalo za munthu komanso, munthu mwiniyo. Zomwe zapezeka m'miyezi ingapo yoyambirira yakudya zosaphika zidzawonetsa aliyense zowona za mawu awa. Ndikoyenera kusinkhasinkha funsoli kwakanthawi.

M'zaka zingapo zapitazi pali zambiri zambiri zalandiridwa kuchokera kumakona onse a dziko lapansi pa kupambana komwe kumapezeka mwa kudya zosaphika. Zambirizi zikuwonetsa kuti pali anthu masauzande ambiri omwe amadya zosaphika omwe amwazikana padziko lonse lapansi, ambiri mwa iwo adachiritsidwa ku matenda oopsa ndipo tsopano akukhala moyo wosangalala kwambiri. Anthu amenewa si akatswiri kapena asayansi; iwo ndi amuna ophunzira okha ndi otukuka omwe atha kumvetsetsa mfundo za kudya-yaiwisi mwa kuzindikira kwawo ndi kulingalira kwawo, ndipo akhala ndi kulimbika mtima kupanga chisankho choyenera.

Tsoka ilo, kufalikira kwa zofalitsa zanga kwakumana ndi zovuta zingapo zazikulu. Mwachionekere, nkoposa mphamvu za munthu mmodzi kugaÿira mamiliyoni a mabuku aulere padziko lonse lapansi. Ndinalemba mafomu kwa ofalitsa angapo ku England ndi ku America, ndikuwapempha kuti asindikizenso buku langa loyamba lachingelezi m’mayiko awo. Onse adavomereza kuti bukhuli linali losangalatsa komanso lothandiza, koma adadandaula kuti silinalowe m'mabuku awo. Izi zinali zomveka, chifukwa kusindikizidwa kwake kukanawonetsa kutha kwa mabuku awo onse a "dietetic", chifukwa palibe amene amadziwa mfundo za kudya zosaphika

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ndawasamalira pang'ono. Anthu amasiku ano sangangoona chabe zofuna zawo zokha.

Apa ndikupempha mabungwe onse, mabungwe opereka chithandizo kwachifundo, opindulitsa achifundo komanso odzipereka pagulu padziko lonse lapansi chifukwa cha thandizo lawo labwino. Aloleni andithandize zonse zimene angathe pofalitsa mabuku anga. Akhoza kuitanitsa makope makumi awiri, makumi asanu kapena zana limodzi a mabuku anga ndi kuwagaÿira mwa kufuna kwawo, kaya mwa kuwagulitsa kapena kuwagaÿira kwaulere. Buku lililonse lingathe kupulumutsa miyoyo, kuchiritsa anthu matenda aakulu kapena kutsegula chiyembekezo cha tsogolo losangalatsa la ana. Pakali pano palibe ntchito yothandiza kwambiri kuposa imeneyi.

Ndikadakhala ndi phindu la buku lotere zaka 15 zapitazo, lero zanga ziwiri ana okondedwa akanakhala amoyo. Kumbali ina, ngati malingaliro anga anali asanaunikidwe zaka 10 zapitazo, ine sindikanayenera kukhala ndi moyo tsopano. Anthu onse padziko lapansi ali mumkhalidwe womwewo pakadali pano ndipo akufunika thandizo lathu. M'pofunika kuwadziwa ndi mfundo zolondola za zakudya mwamsanga.

Masiku ano, ndikuwona ndi maso anga momwe mabungwe ena amawonongera ndalama zambiri kuti agawire ufa woyengedwa bwino, shuga, mkaka wouma ndi nyama yosungidwa kwa osauka. Mwa kugaÿira anthu zakudya zachabechabe ndi zonyozeka kwambiri zoterozo, iwo mosadziÿa amachita tchimo lalikulu kwambiri ndi kuswa malamulo a chilengedwe. Akadakhala akuchita zinthu zolemekeza kwambiri, ngati atatsegula maso a anthu osaukawo ndikuwaphunzitsa momwe angakhalire osaphika.

Kwa onse omwe amakonda kudya, wakuda ndi woyera ndipo woyera ndi wakuda. Panali nthawi yomwe anthu ankaganiza kuti dziko lapansi liri loima, pamene dzuwa ndi nyenyezi zinkazungulira. Ngati wina asonyeza kukhulupirira kosiyana, adatengedwa kukhala wamisala ndi anthu osawona bwino, chifukwa maso awo dziko lapansi lidakhazikika m'malo mwake, pomwe dzuwa linkayenda mlengalenga.

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Maganizo ofanana ndendende afala masiku ano. Munthu mwachiwonekere amamva m’thupi lake kuti nkhakayo “imamuvulaza,” pamene mkate woyera wophikidwa kawiri ndi mpunga wopukutidwa, pokhala wogayidwa mosavuta, “zimayendetsa” ntchito za m’mimba. Koma sakuzindikira kuti, m’chenicheni, ndiko kugwiritsiridwa ntchito kwa mkate womwewo ndi mpunga umenewo ndiko chifukwa chenicheni cha kufooka kwa mimba yake; kwenikweni nkhaka ndi chakudya chimene chingamuchiritse iye pakapita nthawi.

Masiku ano, anthu onse amakhulupirira kuti munthu akangodya mbale zochepa za chakudya "chopatsa thanzi" akakhala ndi njala, amakwaniritsa zofunikira zanthawi zonse za thupi lake. Koma anthu sadziwa kuti maselo abwinobwino a munthu ameneyo satenga njere ya chakudya kuchokera ku zinthu zakufa ndi zopangira, ndi kuti, mosasamala kanthu za kudzaza kwa m'mimba, amakhalabe ndi njala.

Lerolino, anthu onse ali otsimikiza kuti kuti munthu akhale ndi moyo wathanzi ayenera kutsogoleredwa ndi mawerengedwe a sayansi osiyanasiyana a zakudya zamapuloteni, mavitamini ndi mchere, zomwe zimapezeka m'ma laboratories ofufuza. Iwo samazindikira kuti mawerengedwe ambiri alidi zabodza kotheratu ndi zovulaza chithunzi chowona.

Masiku ano, munthu akadwala, amatsimikiza kuti ali nazo zonse kuchita kuti adzichiritse yekha ndiko kupeza poizoni wina wake wotchedwa mankhwala. Ndicho chifukwa chake nthawi yomweyo amayamba kufunafuna chinthu chodabwitsachi. Koma sadziwa kuti mankhwala osokoneza bongo ndi matsenga a m'badwo uno wokonda kudya komanso kuti palibe poizoni yemwe angachite chilichonse chothandiza. Ndiponso sadziÿa kuti matenda onse amachitika pazifukwa ziÿiri zokha: njala yosalekeza ya maselo abwinobwino chifukwa chosoÿa zakudya zachilengedwe, ndi ziyambukiro zowononga za zakudya zosakhala zachibadwa, zophika ndi zinthu zina zakupha; palibe chifukwa chachitatu. Choncho, pali njira imodzi yokha yanzeru yodzichotsera tokha ku matenda kamodzi kokha. Tiyenera kudziletsa kwathunthu ku zakudya ndi mankhwala osakhala achilengedwe, ndikukwaniritsa zosowa za maselo athu ndi zakudya zachilengedwe (raw veganism) zokha.

Mankhwala ozunguza bongo, amene anthu ambiri amawaona ngati njira yochizira matenda, kwenikweni ndiwo amayambitsa matenda. Nthawi zambiri, izo

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ndi kulakwitsa koopsa komanso koopsa kufunafuna mankhwala aliwonse ochiritsira muzinthu zopangira kapena m'thupi la munthu. Komabe ndiko kulakwitsa komweku komwe kwapangidwa ndi anthu kwa zaka mazana ambiri zapitazo. Palibe mankhwala aliwonse padziko lapansi pano; pali zinthu zapadera zokha zomwe zimayambitsa matenda, ndikuchotsa komwe matenda onse adzathetsedwa. Zinthu zimenezo ndi zakudya zophikidwa ndi ziphe zomwe zimatchulidwa molakwika.

Munthu wamasiku ano amanyadira kwambiri chitukuko chake, koma sali wotukuka kwenikweni. Chitukuko chenicheni sichiyenera kuyesedwa ndi kupita patsogolo kwaukadaulo, koma NDI KUPALITSIDWA KWA MAGANIZO NDI MOYO WA MUNTHU MMODZI, KUGONJETSA ZOCHITIKA NDI ZOSAVUTA, NDI KUKONZEDWA KWA NZERU ZA ANTHU KUZIKHULUPIRIRO. Kuti akhutiritse chikhumbo chake chachilendo cha chakudya, munthu wamakono amawotcha 80 peresenti ya zakudya zoyera, zachilengedwe pamoto ndipo amadziwonongera yekha mwa kuyambitsa matenda mwachinyengo. Kuti akhutiritse kudzikonda kwawo ndi kunyada, olamulira amitundu amafesa mbewu za udani ndi udani pakati pa anthu a dziko lapansi ndi kuphana.

Ngakhale oimira sayansi, akumatsutsa malingaliro onse achifundo ndi umunthu, amapezerapo mwayi pa dzina lopatulika la sayansi kuti akwaniritse zofuna zawo zonyansa ndipo potero amabera anthu mwankhanza kwambiri.

Chimodzi mwa zizindikiro zoonekeratu za umbuli ndi kubwerera m'mbuyo mwa munthu "wotukuka" wamasiku ano ndi njira yake ku funso la khansa. Kwa zaka zambiri, wakhala akufufuza chimene chimayambitsa ndi kuchiza tsoka lalikulu ngati limeneli m’mankhwala enaake, ndipo akupitirizabe kufufuza mopanda nzeru zimenezo.

Pankhani imeneyi, ndinapereka umboni wosatsutsika kwa akuluakulu ambiri padziko lapansi zaka zinayi zapitazo. Lero, ndikuperekanso maumboni amenewo, mwatsatanetsatane komanso mokulirapo, zowonetsedwa ndi zitsanzo zambiri zowoneka bwino. N’chifukwa chiyani mautumiki osiyanasiyana a zaumoyo ndi akuluakulu ena amene ali ndi udindo sakhala omasuka chonchi? N’chifukwa chiyani anthu akupitirizabe kuwononga zinthu zachilengedwe mochititsa mantha? Chifukwa chiyani amater

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kupitiriza kudzaza mabuku awo, nyuzipepala ndi magazini ndi malingaliro otsutsana ndi ovulaza a mavitamini onyenga ndi zakudya zenizeni? Kodi chikumbumtima ndi ubwino wa munthu zili kuti? Kodi chotchedwa chitukuko chili kuti?

Aloleni iwo amene mosalekeza kuyankhula pa chitukuko atsimikizire izo iwo eniwo ngwotukuka mokwanira kuti amvetse malamulo oyambilira a chilengedwe ndi kumvetsetsa chimene chinatanthauza kumasula anthu ku matenda onse, kuŷirikiza kaŷiri chiyembekezo cha moyo, kuŷirikiza katatu kapena kanayi mlingo wa moyo.

Pankhani iyi, chitsanzo chatsoka cha kuponderezedwa koopsa kwa ufulu wa ena chinachokera kutali ku Los Angeles zaka ziwiri zapitazo. Nditawerenga buku langa loyamba lachingelezi, mayi wina wa ku California, Mayi H. Bulbeck, anayamba kudya zakudya zosaphika. Atakopeka ndi mbali yothandiza anthu ya lingalirolo, akuyitanitsa makope 30 a bukhuli ndipo aganiza zofalitsa uthenga wabwino pakati pa mabwenzi ake ndi maubale ake. Pakalipano, atamva kuti munthu wina dzina lake John Martin Reinecke akulemba nkhani za "zothandiza" za zakudya zosaphika m'magazini ya "Let's Live" ku Los Angeles, adamulembera kalata ndikumufotokozera za njira yake yothandizira. ndi kuchira kotsatira kwa iye ndi mwamuna wake ku matenda aliwonse omwe anali nawo.

Pambuyo powerenga mabuku anga, odwala ambiri padziko lonse lapansi ayamba kudya zakudya zosaphika ndipo chifukwa chake achiritsidwa ku matenda aakulu, monga mutu wamba ndi matenda a m'mimba mpaka matenda a mtima ndi khansa. Odwala, omwe kwa zaka zambiri sanapindulepo ndi uphungu wa "akatswiri" oyenerera kwambiri, ndipo ambiri mwa iwo omwe adatulutsidwa m'zipatala ngati alibe chiyembekezo, apezanso thanzi lawo m'miyezi ingapo ndipo tsopano akutha. sangalalani ndi madalitso onse a moyo wokangalika.

Munthu amene amasiya chakudya chophikidwa ndi zinthu zina zapoizoni amatetezedwa ku matenda onse ndipo akhoza kuyembekezera mwachidwi ukalamba wobiriwira wa thanzi ndi nyonga, wopanda temberero lokhazikika la matenda. Mu gawo lotsatira la bukhuli, wowerenga apeza a

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Kusankhidwa kwa makalata ambiri omwe ndimalandira tsiku lililonse kuchokera kwa odwala omwe kale anali ofunitsitsa kuthandiza ena pofotokoza zomwe adakumana nazo. Ndi mzimu uwu kuti Akazi a Bulbeck adaganiza zolembera Bambo Reinecke.

Bwana ameneyo amanyalanyaza ufulu wanga pa bukhu langa lomwe, amatengera mawu chifukwa cha mawu aliwonse mwa mfundo zisanu ndi imodzi zoperekedwa pachikuto cha bukhu langa! adaziyika m'makope a February ndi Epulo 1965 a "Let's Live" Magazini monga gawo la nkhani ya mutu wakuti "Adventures in Raw Foods", ndiye akupereka kugulitsa zina zowonjezera pamtengo wa $ 5. Koma chimene chili chochititsa chidwi kwambiri ndi chakuti m'mawu ake oyamba akonzi a magaziniyo amatsimikizira kuti nkhanizo ndi za mlembi wa nkhaniyo! Anthu sayenera kuwerenga buku la “Let’s Live”
Magazini, yomwe imapulumuka pa malonda a mavitamini ochita kupanga ndi "dietetic" kukonzekera.

Tsopano kwa zaka zoposa khumi, ndasiya moyo wocheza ndi anthu ndipo ndadzimana kusangalala kulikonse. Ndakhala wosamala kwambiri pa zosowa za banja langa ndi ine ndekha, koma sindinazengereze kwa mphindi imodzi kugwiritsa ntchito ndalama zanga zonse pochita maphunziro ndi kusindikiza mabuku, makope 10,000 omwe ndawagawira kale kwaulere, mabungwe asayansi. ndi anthu m’makona onse a dziko lapansi. Ndapereka nsembe zimenezi kuti ndisonyeze dziko lonse njira yowona ya moyo wachimwemwe ndi wachirengedwe, ndipo nthawi yonseyi ndakhala ndikutsutsa ndi mtima wanga ndi moyo wanga motsutsana ndi kugulitsa malangizo otere ndi ndalama.

Koma lero Bambo JM Reinecke, akugwiritsira ntchito bwino lomwe malingaliro anga ndi mfundo zanga, akufuna ndalama zokwana madola 5 kuti asonyeze anthu kudya. zakudya zachilengedwe! Izi, ndithudi, ndi gawo losokoneza kwambiri la funsoli.

Nazi zotsatsira kuchokera muzolemba ziwiri za Bambo Reinecke:

TIKHALE MOYO

February, 1965 :

ZOCHITIKA PA CHAKUDYA CHAIWIRI NDI JOHN MARTIN REINECKE

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UFULU WONSE WABWINO NDI WOLEMBA

ÿ M’nkhani zino wolemba akupereka maganizo ake
kutengera zoyeserera zaumwini, kuphatikiza zokumana nazo zake
zambiri akukhala pakati ndi kuphunzira anthu a nyengo zambiri -
zakudya zawo zosaphika ndi zipatso zopatsa thanzi. —Mkonzi.

Chakudya chosaphika chiyenera kukhala chakudya chokhacho chomwe munthu amadya. Kudya chakudya chophikidwa ndi chizoloÿezi chosakhala chachibadwa chimene chiyenera kuchotsedwa m’dziko lino ngati titi tipeze thanzi langwiro. Chakudya cha munthu chiyenera kukhala ndi maselo amoyo okha, chifukwa chakudya chophika ndi chomwe chimayambitsa matenda onse a anthu. Kudya chakudya chosaphika kumamasula anthu ku matenda onse ndipo kumawonjezera moyo wa munthu kufika zaka 140 kapena kuposerapo.

Ndimilandu yoipitsitsa kwambiri kuphunzitsa mwana wobadwa kumene chakudya chophika, chifukwa apa ndipamene mavuto ake onse amayamba (Onani chikuto cha "Raw-Eating" kope loyamba). Akatswiri a zamoyo ayenera kutsimikizira kuti chilengedwe chalakwitsa posatipatsa zakudya zitaphika. (Kusindikiza koyamba, p. 32). Mwana wabwinobwino amadana ndi kukoma kwa zakudya zophikidwa, zomwe zimaoneka kukhala zokhutiritsa kwa wokonda zakudya zophikidwa, monga momwe opiamu amawonekera kukhala yosangalatsa kwa omwerekera ndi mankhwala osokoneza bongo. (Kusindikiza koyamba, p. 33). Moto wa kukhitchini ukuyaka ndi kuwononga 90 peresenti ya mtengo wa chakudya chabwino chosaphika. (Chikuto cha kope langa loyamba).

April, 1965 :

Poyamba zimaoneka ngati zosatheka kuti tingathe kudzipulumutsa tokha ku matenda aliwonse mwa kudya chakudya chosaphika chachilengedwe. Koma zoona zake n'zakuti "chosakhulupirira" chimakhala chowonadi chotheka ... (Kope loyamba, p. 45).

Iyenera kukhala ntchito ya akatswiri a zamoyo ndi madokotala kulimbikitsa anthu kudya zinthu zachilengedwe; osati kulekanitsa zakudya zopatsa thanzi zimapanga zakudya, koma nthawi zonse kuzidya pafupifupi zathunthu momwe zingathere mwachilengedwe komanso m'moyo wawo wosaphika. Madokotala ndi akatswiri a zamoyo sayenera kulankhula za phindu la kupatukana

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Zakudya zopatsa thanzi, koma ziyenera kutsindika kufunika kwa zakudya zonse zosaphika.

CHIDULE WACHIWIRI

Nthawi zambiri, sayansi yonse yazakudya imatha kufotokozedwa mwachidule mu mfundo zazikulu ziwiri ndikuyika chidwi cha anthu onse:

1. Chakudya cha munthu chiyenera kukhala ndi maselo aiwisi amoyo. Ndi zakudya zokhazo zomwe zimakhala ndi maselo amoyo zomwe zili ndi mikhalidwe yonse yofunikira kuti ikwaniritse zofuna za thupi la munthu.

2.Pali matupi amasamba odziwika komanso osankhidwa mwachilengedwe. Matupi a masamba abwino kwambiri komanso opatsa thanzi kwambiri ndi mitundu yabwino ya zipatso, masamba obiriwira, mtedza, chimanga ndi mizu.

Mwachidule, munthu amakhala ndi thanzi langwiro akamadya zakudya zosaphika zokha; wadwala mpaka amadya chakudya chophika; ndipo amafa akamangokhala ndi chakudya choterocho. (Kusindikiza koyamba, p. 24).

Mawu omaliza a Mkonzi wa Magaziniyi:

Chifukwa cha kukakamizidwa kwa ntchito sizingatheke kwa Mr. Reinecke kuti ayankhe makalata. Akalandira $5 adzakutumizirani kalozera wake wazakudya zosaphika zatsiku ndi tsiku ndi maphikidwe aku United States ndi Tropics ndi malangizo athunthu. Izi sizili m'mabuku. Tumizani ku... - Mkonzi.

Nthawi ndi nthawi takhala tikutsindika mfundo yakuti zipatso zonse, ndiwo zamasamba ndi mtedza ndi zakudya zabwino kwambiri, zomwe zimakhala ndi zakudya zofanana. Chifukwa chake, "zowongolera" zonse ndi maphikidwe azakudya zosaphika zilibe phindu lililonse la sayansi kapena zakudya. Ngakhale munthu wosadziwa kwambiri akhoza kupanga pulogalamu yakeyake ya zakudya, motsogozedwa ndi zomwe amakonda komanso momwe amakondera.

Nditalandira kope la February la Magaziniyo, ndinalembera kalata Mkonzi, Bambo Kay K. Thomas, ndikukhulupirira kuti adzakhala wokondwa kuteteza ufulu wanga m'tsogolo:

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Epulo 21, 1965 :

Bambo Kay K. Thomas, 1133 N. Vermont Ave., Los Angeles, Calif.

Okondedwa achikulire,

Zinali zodabwitsa kuti ndinawerenga mu chiwerengero cha February cha "Let's Live" nkhani yolembedwa ndi Bambo John Martin Reinecke yotchedwa "Adventures in Raw Foods", pamene wolembayo adakopera mawu ndi mawu mawu omwe ali pachikuto cha bukhu langa, "Raw-Eating", ndipo wawayimira ngati zomwe ali nazo. Chonde konzani kusamvetsetsana kumeneku m'kope lanu lotsatira ndipo mokoma mtima chitanipo kanthu kuti zisadzachitikenso chimodzimodzi m'tsogolo.

Arshavir Ter Hovannessian

Tsoka ilo, pafupifupi mwezi umodzi pambuyo pake, ndinalandira yankho losakhutiritsa lotsatiralo, m'mene kuyesayesa kulikonse kunapangidwa kuyeretsa Mr. Kusakhulupirika kwa Reinecke:

Meyi 12, 1965 :

Arshavir Ter-Hovannessian Kakh Avenue 21, Peshan Street, Tehran, Persia.

Okondedwa achikulire:

Ponena za kalata yanu ya April 21 tinalembera a John Martin Reinecke kuti afotokoze ndipo izi ndi zomwe watilangiza;

`Ndayang'ana m'chigawo cha February cha nkhani yanga ndipo ndapeza kuti palibe pamene ndinakoperapo mawu ndi mawu mbali iliyonse ya mawu a Bambo Ter Hovannessian. Ndemanga zanga zonse pazakudya zosaphika ndi malingaliro anga ndi mawu omwe ndasonkhanitsidwa kuchokera zaka 25 zokumana nazo komanso kuphunzira. Ngati ndanenapo mawu aliwonse ofanana ndi ake, ndiye kuti zangochitika mwangozi osati mwadala.

`Ndikuganiza kuti ndili ndi m'modzi mwa mabuku athunthu a chakudya chambiri mdziko muno, ndipo pakati pawo ndipeza kabuku kake kakang'ono.

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Ndikadakoperamo, ndikanamupatsa mbiri. Ndikukumbukira kuti kabuku kake kanaperekedwa kwa ine ndi mnzanga pafupifupi chaka chapitacho; ndi kuti ndinatumiza kwa Bambo Ter-Hovannessian $10 kuti anditumizire timabuku towonjezereka kaamba ka anzanga. Izi zinali pafupifupi mwezi wapitawo. Mpaka pano sindinamvepo kwa Bambo Ter Hovannessian kapena ndalama. Ngati safuna kunditumizira timabuku tawo, ndiye kuti andibwezere ndalama zanga, chifukwa ndikutanthauza ulemu ndi ubwino wofalitsa mapindu a zakudya zosaphika zimene zinapulumutsa moyo wanga zaka 25 zapitazo.'

(wosaina) a John Martin Reinecke "Muzimenezi komanso mu Poganizira zomwe a Bambo Reinecke ananena kuti sanagwirizane ndi mawu omwe ali pachikuto cha buku lanu, "Raw-Eating", kuwongolera mu TIKHALE MOYO Magazini.

(yosaina) KAY THOMAS, Mkonzi-Wosindikiza.

Poyankha mikangano yovutayi ndinatumiza kalata iyi:

Meyi 27, 1965 :

Bambo Kay Thomas, Mkonzi-Wofalitsa. Okondedwa achikulire:

Pepani kukudziwitsani kuti sindikuwona yankho lanu la Meyi 12 ku kalata yanga ya Epulo 21 kukhala lokhutiritsa.

Ndili ndi mlandu wa magazini yanu chifukwa chakuti Bambo Reinecke sanagwiritse ntchito molakwa maganizo ndi mfundo zanga ndipo ndili ndi ufulu wofuna kukhutiritsidwa.

Mumayesa kulungamitsa chinyengo cha anthu chochitidwa ndi Bambo Reinecke, yemwe akupitiriza kugulitsa malingaliro anga pa madola asanu chidutswa. Kampeni yanga imayang'ana kwambiri kulanda koteroko.

Ponena za $ 10.00, yomwe a Reinecke akuti adatumizako Ndili ndi oda ya mabuku, ndikupepesa kunena kuti sindinalandire ndalama kapena kalata kuchokera kwa iye.

ATERHOV

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Kulemberana makalata kumeneku kunatha pamene Mayi Bulbeck anali okoma mtima moti ananditumizira nambala ya April ya Magazini ya “Tikhale Moyo,” mmene, monga taonera pamwambapa, muli zitsanzo zoonekeratu za kusaona mtima m’malemba. Ndikusiyira owerenga kuti asankhe ngati "zofanana" pakati pa zolemba zanga ndi zolemba za Mr. Reinecke ndizongochitika mwangozi kapena mwadala.

Mkonzi sangakhoze kuchotsa udindo pa mapewa ake, chifukwa anali wozoloÿerana bwino ndi bukhu langa, limene linali litapendedwa kale m’magazini ake miyezi ingapo yapitayo, pamene Mr. Reinecke amangopangitsa kuti zinthu ziipireipire ndi zifukwa zopanda pake komanso mabodza. Ponena za funso losafunikira la madola khumi omwe akuti adanditumizira, ndikupempha poyera kuti ndidziwe dzina la banki kapena njira zomwe akuti wanditumizira ndalamazo, zomwe sindikudziwa chilichonse.

Malingaliro onse a zakudya zapadera ziyenera kuchotsedwa kwathunthu kutali ndi nkhope ya dziko lapansi. Anthu ayenera kuzindikira momveka bwino kuti CHAKUDYA CHAKUPHIKIRA SIKUPEREKA CHAKUDYA CHILICHONSE KILICHONSE ndiponso kuti MUNTHU SALI WONSE. Kupitilira izi, MUNTHU ALIYENSE ADYE ALIYENSE ALIYENSE NDI MUMENE ANGAFUNE. Izi ndi nkhani ya kukoma kwa munthu payekha.

"Akatswiri" athu asokoneza ubongo wa anthu omwe ali ndi mndandanda wautali wa maphikidwe ndi ma menus, kotero kuti anthu ambiri amaganiza kuti inenso ndine wa ubale wa "akatswiri", choncho nthawi zambiri amandilembera kuti andifunse pulogalamu yowonongeka. chakudya chachilengedwe. Pano ndikufuna kutenga mwayi wopereka yankho limodzi kwa onse.

Kuyambira pano, sipayenera kukhalanso pulogalamu yapadera yopatsa thanzi, malangizo kapena ndandanda kwa aliyense. Munthu ayenera kudya chilichonse chomwe angafune, nthawi iliyonse yomwe angathe komanso momwe amafunira, monga momwe zamoyo zina zonse zimachitira, kuyambira pa nyerere kupita ku njovu Nyama zina, nthawi zambiri zimafunikira kukhuta ndi zinthu zomwe zimangopezeka mosavuta. kupezeka kwa iwo; Fananizani clover, udzu,

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nkhalango zamapiri, masamba a mitengo ndi minga ya m'chipululu yokhala ndi mbewu, mtedza, masamba ndi zipatso.

Wakudya zosaphika akhoza kudya kamodzi pa tsiku kapena kakhumi pa tsiku; akhoza kudyetsa pa zipatso za mtundu umodzi kapena zana. Pankhani ya thanzi, palibe kusiyana, chifukwa munthu aliyense yaiwisi masamba zakudya zotengedwa payokha amapereka wathunthu chakudya palokha. Wodya yaiwisi ayenera kutsogoleredwa osati ndi mndandanda wa "sayansi" kapena "dietetic", koma ndi zofuna za chilakolako chake ndi m'kamwa, zomwe nthawi zonse zidzakhala zitsogozo zake zolondola posankha zakudya zachilengedwe. Njira yotsimikizika, yotetezeka komanso yosavuta ndiyo kudya chakudya chathu m'malo omwe chilengedwe chakonzekera ndikuchipereka kwa ife, mwa kungochiphwanya pansi pa mano athu. Koma ngati wina ali ndi nthawi ndi nthawi yokonzekera saladi ndi mbale zina zosakaniza, azidya

mwamsanga pambuyo pokonzekera, apo ayi m'kupita kwa nthawi munthu adzathamangitsidwa ku kuwonongeka kwatsopano kwa zakudya.

Anthu sayeneranso kuwerenga mabuku okhudzana ndi etiology ya matenda, matenda, mankhwala, mankhwala, mavitamini, mchere, mapuloteni, hydrotherapy, electrotherapy ndi maphunziro ena ofanana, chifukwa matenda onse amachokera ku chifukwa chimodzi ndipo ali ndi njira imodzi yochiritsira. .

Odya zamasamba ambiri, ngakhale osadya zamasamba, omwe amayesa kudya a Zipatso zochulukira pang'ono kuposa masiku onse amangodziona ngati odya zosaphika. Komabe, palibe amene angadzione ngati wodya zosaphika ngati adya ngakhale chakudya chophikidwa kamodzi pamwezi, chifukwa mwanjira imeneyo sadzatha kudzichotsera yekha matenda. Izi zili choncho chifukwa m'magawo oyambilira akudya zosaphika, maselo ambiri omwe ali ndi matenda amatha kugwera m'malo ogona ndikutalikitsa moyo wawo kwa nthawi yayitali. Chakudya chophikidwa chimodzi chokha pamwezi chingakhale chokwanira kuwatsitsimula ndikuwapatsa mwayi wochulukitsanso. Munthu wodya zosaphika akangotenga chidutswa cha chakudya chophika, ndithudi amapatsa maselo odwalawo chakudya chatsopano ndi kuwapatsa moyo watsopano. Chifukwa chake, ngati wina sangathe kudzichotsera yekha ku mliri wa matenda, ayenera

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yang'anani chifukwa chake m'zolakwa za apo ndi apo, osati kwina kulikonse. Sipangakhale kulungamitsidwa nkomwe pazosasinthazo.

Chimodzi mwazotsutsa zopanda pake zotsutsana ndi kudya kosaphika kwathunthu, zomwe nthawi zina zimandifikira kuchokera kumayiko ena akumpoto makamaka kuchokera ku England, ndiko kusiyana kwa nyengo. Malingana ngati munthu atha kupeza tirigu wambiri wosaphika, sipangakhale funso la kuchepa kwa zakudya zachilengedwe m'dziko lililonse. Kupatula apo, polingalira kuti chakudya chophikidwa sichimapereka chakudya chochepa m'thupi la munthu, payenera kukhala zakudya zokwanira m'zigawo zonse za dziko lapansi ngati anthu atha kudzisamalira okha ndi kuchirikiza moyo. Mwa kuchotsa zakudya zophikidwa m'zakudya zathu, sitichotsa kalikonse pazakudya zopatsa thanzi; m'malo mwake, timadzimasula tokha ku zinthu zakupha ndi zovulaza. Tanthauzo lonse la chowonadi chimenechi likhoza kuyamikiridwa kokha ndi munthu amene wakhala akusangalala ndi mapindu a chakudya chosaphika kwa zaka zingapo. Malingaliro onse a "sayansi" amene akatswiri a sayansi ya zamoyo amayesa kuimira chakudya chophikidwa monga chakudya ndi malingaliro opanda pake ndi chinyengo chopanda pake.

Momwe zinthu zilili, pakadali pano pali mayiko ena kumene anthu akuvutika ndi "kusowa" kwa zakudya ndipo ali pangozi ya njala yosalekeza, pamene chilengezo cha boma chili chofunikira kuti akwaniritse chozizwitsa chomwe chakhala chikuyembekezeredwa kwa nthawi yaitali cha kubweretsa zochuluka padziko lapansi. Tsoka ilo, chilengezo chosavuta komanso chomveka bwino chakuti KUPEKA KUMASINTHA ZAKUDYA ZACHILENGEDWE NDIKUZISANDUTSA KUKHALA ZINTHU ZOSANGALATSA sizikuwoneka paliponse, ngakhale kuti kale mu 1963, ndinabweretsa choonadi chosatsutsika ichi kwa akuluakulu onse akuluakulu ndi magulu a sayansi. dziko. Ichi ndi chisonyezero chochititsa chidwi cha mmene anthu masiku ano aloÿerera mozama mu umbuli, tsankho, zikhulupiriro ndi zizolowezi zonyansa. Mawu ngati chitukuko ndi kupita patsogolo sikumveka bwino akagwiritsidwa ntchito kwa anthu omwe, ngakhale atanenedwa ndi kulembedwa, amakana kuvomereza kuti kuphika ndi ntchito yosakhala yachibadwa komanso yoopsa.

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Iwo amati akatswiri a zamoyo apita patsogolo modabwitsa m’chidziÿitso chawo. Ndimaona kuti akamapita patsogolo m’pamenenso amazindikira kuti sadziwa chilichonse. Ndipo pamene afika pamlingo wakuti amavomereza mwaufulu kuti motsutsana ndi nzeru yeniyeni ya chilengedwe chidziÿitso chawo sichilinso chopanda kanthu, kungavomerezedwedi kuti anaphunziradi kanthu kena.

Sili pakati pa akatswiri a zamoyo “ozama m’chidziÿitso ndi maphunziro amakono” pamene timakumana ndi makolo akale olemekezeka amene akhala ndi moyo zaka 140 kapena 150. Timakumana ndi anthu oterowo patali kwambiri ndi malo akuluakulu ophunzirira, pachifuwa cha chilengedwe, komwe amakhala otetezedwa pang'ono ku zovulaza zomwe zimayambitsidwa ndi mankhwala osokoneza bongo komanso zakudya zomwe zawononge ka kwambiri. Kodi moyo wawo ukanakhala wautali ndi wathanzi bwanji, ngati akanapeÿa kuwononge ka kwapang’ono kumene chakudya chawo chikugwerako pakali pano. Chomwe chimandipatsa ufulu komanso kulimba mtima kuti nditsutse pafupifupi lingaliro lililonse lamakono la sayansi ya zamankhwala ndi chakuti 100 PERCENT KUDYA ZOSAVUTA KUMIPATSA MWAMODZI MATENDA ONSE KONSE NDI MMODZI. Yesan

Sindikukokomeza ndikawaona ngati akupha ndi zigawenga anthu onse omwe, mwa zifukwa zina zongopeka kapena zina, amaletsa odwala ndi osavomerezeka ZABWINO ZAWO ZABWINO - ndiwo zamasamba ndi zipatso - zomwe ndi Njira ZOKHALA ZOTHANDIZA zobwezeretsa thanzi lawo lotayika. . Kupyolera mu umbuli wawo womvetsa chisoni “asayansi ophunzira” amenewo amapha anthu ambiri kuposa Attila kapena Hitler amene anachitapo. Ndi malingaliro awo opusa amapha mamiliyoni a anthu, tsiku ndi tsiku, popanda mpumulo uliwonse kapena kupuma. Pakati pa apandu okomoka ofanana ndi onse opanga ndi kugaÿira mankhwala, zakumwa, fodya, pansi woyengedwa bwino, mkate, nyama, makeke, shuga, tiyi, khofi ndi unyinji wa zinthu zina zovulaza monga zimenezi. Fakitale iliyonse yomwe imapanga zinthu zosakhala zachilengedwe zotere, zomwe zawononge ka zimawononga kwambiri anthu kuposa mabomba a atomiki.

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Ndikupempha onse othandiza anthu kuti achite zimene angathe kuti andithandize kufalitsa mfundo za choonadi zimenezi polankhula komanso kudzera m'mabuku anga.

Odya zosaphika omwe adachiritsidwa ku matenda awo ali ndi udindo wapadera wopereka tsatanetsatane wa kuchira kwawo m'manyuzipepala ndi akuluakulu onse omwe ali ndi udindo.

Pomaliza, ndi udindo wa atolankhani kuti afalitse chidule cha zomwe zanenedwa m'manyuzipepala awo, ndikufunsa kuti adziwe chifukwa chiyani aboma akulimbikira ntchito yawo yotopetsa.

GAWO LACHITATU

Zopambana za RAW-Eating

Owerenga ambiri amandilembera makalata ondifunsa za kupambana komwe kumapezeka mwa kudya zosaphika. Kuti ndikwaniritse chidwi chawo ndili wokondwa kuwapatsa chidziwitso chofunikira.

Patatha chaka chimodzi kuchokera pamene voliyumu yoyamba ya Chiameniya changa chatulutsidwa ntchito mu 1960, ndinasindikiza buku lalifupi m'Chiperisiya, limene ndinagaÿira makope 4,000 aulere pakati pa mabungwe osiyanasiyana, maulamuliro ndi atolankhani. Nyuzipepala ndi magazini a Tehran adalandira bwino bukuli ndipo ambiri a iwo adalemba ndemanga zazitali zokhudzana ndi izi.

Bukuli lidakhudzidwa kwambiri ndi mabwalo a Khothi. The mwamuna wa Her Highness Princess Shams Pahlavi, Bambo Mehrdad Pahlbod, amene tsopano ndi Nduna ya Chikhalidwe, anandiitanira kunyumba kwawo ndipo anandiuza kuti buku langa lalemekezedwa ndi chisamaliro cha Shah (mfumu MohamadReza Pahlavi), amene anamulangiza kuti apitirize kufunsa za nkhaniyi. Ndine wokondwa kulemba kuti ndinali ndi zokambirana zisanu ndi chimodzi kapena zisanu ndi ziwiri ndi Bambo Pahlbod. Mlembi Wamkulu wa Red Lion and Sun Society, Dr. Abbas Naficy, ndi Mtsogoleri wa Khajenouri Maternity Hospital, Dr. AbulGhasem Naficy,

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ndipo akatswiri ena otsogola angapo anayamikira malingaliro anga ndi kundilonjeza kugwirizana kwawo.

Anapereka malangizo olera ana angapo m'nyumba ina ya ana amasiye mwa kudya zosaphika. Kuonjezera apo, mfundo za kudya zosaphika zinayenera kutsatiridwa pochiza odwala m'chipatala chimodzi cha ana ndi kusintha kadyedwe kameneka kamene kali m'nyumba imodzi ya tsikulo. Tsoka ilo, m'zochitika zenizeni ndinakumana ndi zopinga zosiyanasiyana.
Posakhalitsa ndinakumana ndi gulu lankhondo lalikulu la madokotala ndi akuluakulu atsankho, amene ndinafunikira kutengera malingaliro atsopanowo. Iyi sinali ntchito yopepuka ayi. Chibwenzi chonsecho chinazengereza mpaka ndinatopa ndikusiya ndikudandaula kwambiri.

Kulephera kumeneku kunali komvetsa chisoni kwambiri, chifukwa ndinawona pafupi kwambiri momwe, chifukwa cha zakudya zosagwirizana ndi chilengedwe, makanda omwe anali m'malo odyetserako ana amakhalabe ofooka komanso odwala, pamene m'zipatala amadalira mavitamini opangira, mankhwala oopsa ndi mapuloteni a nyama. kupulumutsa ana ofooka, owonda amene, osapatsidwa mkaka wa amayi ndi zakudya zachilengedwe, anali ndi mkaka wouma ndi mkate woyera monga chothandizira chawo chachikulu. Mosafunikira kuwonjezera, palibe lingaliro lomwe linaperekedwa pa kufunikira kwa zakudya zachilengedwe, zopanda vuto.

Koma kulankhulana kumeneko, ndiponso kupezeka kwanga m'misonkhano ingapo ya zamankhwala, kunandiphunzitsa zinthu zambiri zofunika. Choyamba, ndinazindikira kuti ngakhale kuti maganizo amene ine ndimapereka ndi malamulo oyambirira ndiponso osavuta a m'chilengedwe, amagayidwa ndi kutengedwa ndi anthu okhawo amene maphunziro awo apamwamba amayenderana ndi ufulu wosankha zochita komanso ufulu wodziimira paokha. Munthu wanzeru zapakatikati sangaganizire kuthekera kwakuti munthu wamba atha kusintha sayansi yonse yazachipatala yamasiku ano ndi kusokoneza malingaliro a kadyedwe omwe alipo mudziko lasayansi.

N'chifukwa chake ndinaganiza zofalitsa buku lachidule lachingelezi komanso perekani kwa akatswiri apamwamba kwambiri asayansi ndi ndale.
Polimbana ndi mavuto aakulu, ndinagwira ntchito maola 16 patsiku kulemba bukulo, kenako ndinalimasulira m'Chingelezi n'kulisindikiza m'Chingelezi.

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1963. Kenaka ndinatulutsa maadiresi 3,000 m'mabuku osiyanasiyana a maumboni ndi kutumiza makope pafupifupi 4,000 oyamikira a bukhulo kwa olamulira onse a dziko lapansi, ndi ku mayunivesite, malo a sayansi, mabungwe a mayiko, ndi manyuzipepala otchuka ndi magazini a m'nthaŷi ndi nthaŷi. Ndinasainadi mabuku ambiri ndipo ndinamata kalata yotsagana nawo kwa aliyense. Ndinaona kuti iyi ndiyo njira yachangu komanso yoyenera kwambiri yofalitsira malingaliro anga padziko lonse lapansi.

Zotsatirazo zinaposa zomwe ndikuyembekezera mwachidwi. Zikwi za makalata ndi manyuzipepala amene ndinalandira m'miyezi yoŷerengeka yotsatirayo zinandisiya mosakaikira kuti bukhu langa linali kuŷerengedwa mwachidwi ndi akuluakulu ndi maulamuliro onse a dziko lapansi, amene ambiri a iwo mosazengereza anatsimikizira chowonadi cha malingaliro anga.

M'zaka zaposachedwapa, sindinangosiya zochita zanga zokha, komanso ndasiyiratu bizinezi yanga yaumwini kuti ndidzipereke ku mabuku anga usana ndi usiku. Komabe, n'zodabwitsa kunena kuti, pali anthu ena amene amaganiza kuti ndasiya maganizo anga, chifukwa chakuti m'malo mosonkhanitsa chuma ndi kutaya nthawi yanga ndikudya, kumwa ndi kuchita zosangalatsa, ndimawononga ndalama zonse zimene ndasunga posindikiza mabuku ena. , yomwe ndimagawira kwa onse kwaulere.

Koma m'lingaliro langa, palibe chisangalalo m'moyo choposa chikhutiro chochokera mu utumiki wopanda dyera kwa anthu anzathu. Anthu amamanga nyumba zachifumu ndipo amasangalala ndi maso awo. Tsopano, iliyonse mwa makalata ambiri othokoza, chiyamikiro ndi kuthokoza amene ndimalandira tsiku lililonse kuchokera ngodya zonse za dziko ali ndi mtengo wathunthu wa nyumba kwa ine. Ndipo pamene kalatayo ikuchokera kwa munthu amene wachiritsidwa ku matenda aakulu ndi uphungu wanga ndi amene amandiwona monga mpulumutsi wake, palibe malire kapena malire ku chimwemwe changa, chimene chimakulitsidwa mokulirapo ndi lingaliro lakuti zonsezi zachitidwa. kuchitidwa popanda malipiro aliwonse.

Moyo wanga umazunzika usana ndi usiku ndikamaona anthu akuwonongeka kulikonse chifukwa cha imfa zomwe zimatchedwa kuti mwadzidzidzi. Ndikuwona bwino lomwe kuti anthu amenewo SAKUFA; mopusa AMADZIPHA okha chifukwa cha mbale yodzaza ndi zinthu zosakhala zachilengedwe komanso zopanga.

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chakudya. Mtima wanga ukutuluka magazi nditaona mayi wamantha akulanda mwana wake wosalakwa zipatso zabwino kwambiri n'kulowetsa m'manja mwake mkate wakupha, mkaka ndi nyama m'malo mwake.

M'buku langa loyamba la Chingerezi, ndinali nditakhudza pafupifupi zonse mavuto osiyanasiyana. M'bukuli, ndakulitsa mawu anga am'mbuyomu ndipo ndalankhulapo za mafunso angapo ofunikira mokulirapo, ndikupangitsa kuti nkhaniyi ikhale yomveka bwino kwa anthu onse. Komabe, ndisanamalize bukulo, ndiyenera kudziwitsa woÿerengayo za madyerero operekedwa m'buku langa loyamba lachingelezi, limodzinso ndi zofalitsa zanga zina.

Kalata yanga yopita kwa olamulira ndi maulamuliro ena akuluakulu padziko lapansi

Chonde ndilemekezeni povomereza buku langa loti "Raw-Eating". Ndikukhulupirira moona mtima kuti mudzapeza zotheka kuthera maola anu ochepa amtengo wapatali pakuwerenga bukhuli.

Poona chakudya chophikidwa kukhala chakudya chachibadwa cha munthu, mtundu wa anthu mwachimbulimbuli watenga njira yakupha yopita kuchiwonongeko.

Kukhazikitsidwa kwa malingaliro ndi malingaliro akufotokozedwa m'bukuli zidzakhala zothandiza kwambiri paubwino wa dziko lanu.

Makope angapo ndi zolemba kuchokera ku mayankho adalandiridwa:

Kalata yochokera kwa Olemekezeka Bambo Amir Abbas Hoveyda, Nduna Yaikulu ya Perisiya:

Tehran, October 18, 1965

Bambo AT Hovanessian,

"Ndalandira kalata yanu ndi buku limene munatumiza limodzi nalo. Ngakhale ndikunong'oneza bondo kuti chifukwa cha kupanikizika kwambiri ndi ntchito mpaka posachedwapa sindinathe kupeza nthawi yoti ndiwerenge buku lanu, ndikukuthokozani kwambiri chifukwa chondisonyeza."

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(Osaina) AMIR ABBAS HOVEYDA, Prime Minister.

***

Kazembe waku America, Juni 29, 1964.

Wokondedwa Bambo Aterhov:

Kalata yanu ya Marichi 28, 1964, yopita kwa Purezidenti Johnson idalandiridwa ku White House, komanso buku lanu, 'RAW-EATING'.

Ambassy adalangizidwa kuti apereke kwa inu za Purezidenti kuyamikira kulingalira kwanu pomupatsa mwayi wowona bukhu lanu.

WALTER G. RAMSAY,

Othandizira Othandizira kwa Kazembe, Tehran.

***

Windsor Castle, April 27, 1964

Wokondedwa Bambo Aterhov,

Ndalamulidwa ndi Mfumukazi kuti ndikuthokozeni chifukwa cha kalata yanu yopita kwa The Prince of Wales, ndi buku lomwe mwalemba.

Akuluakulu ake adawona kuti ndi zabwino kwambiri kwa inu kutumiza bukuli kwa mwana wake wamwamuna, ndipo ndikutumizirani zikomo kwambiri za Mfumukazi.

MARY MORRISON, Windsor Castle, Lady-in-Waiting, England.

***

Paris, 29 AVR. 1964

Monsieur,

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Le General de Gaulle ali ndi mbiri yabwino ya plaquette que vous lui avez wokwaniritsa cholinga.

Monsieur le President de la Republique m'a chargé de vous remercier de l'intention qui a inspire cet anvoi.

(Siginecha) Secretary Particulier.

***

Moscow, June 21, 1964.

Wokondedwa Bambo Aterhov,

Ndikuvomereza ndikuthokoza kulandira buku lanu 'RAW FOOD NDI MFUNDO YA CHAKUDYA CHAKUDYA', chomwe ndikuchiwerenga mwachidwi.

S. KURASHOV, Minister of Public Health, ussr.

***

Phnom-Penh, ndi 9 Janvier, 1965

Monsieur,

Je vous remercie sincerement de votre envoi de l'ouvrage 'RAW-EATING' dont vous etes l'auteur et vous felicite pour les recherches et les experiences que vous poursuivez sur l'alimentation.

Avec tous tous kulimbikitsa kwa inu prie d'agreer, Monsieur, l'assurance de ma haute consideration.

NORODOM SIHANOUK UPAYUVAREACH,

Chef de l' Etat du Cambodge.

***

Phnom-Penh, 11 '" August, 1964.

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Wokondedwa Bambo Aterhov,

Mwachisangalalo ndalandira buku lanu lodabwitsa lamutu 'KUDYA-RAWIRI'. Dzina la bukhuli limandipatsa chidwi chozama cha zomwe zili mkati mwake.

Nditawerenga bukuli ndakhutitsidwa ndi zowonadi zonse zomwe mudalemba m'bukuli ...

Bukuli ndi lamtengo wapatali kwambiri kwa ine. Ndikusunga ngati chikumbutso chosaiÿalika kuchokera kwa inu.

Tsopano, ndikupempheni chilolezo chanu kuti ndimasulire bukuli m'chinenero cha Chikambodia kuti lipereke phindu lalikulu ku dziko langa. Ndikukhulupirira kuti kutulukira kwanu kwatsopano kwa sayansi yatsopano kudzasinthiratu kupulumuka kwa anthu onse.

CHUON NATH JOTANNANO,

Mtsogoleri Wamkulu wa Amonke ku Cambodia.

***

Phnom-Penh, 25 Juillet, 1964.

Monsieur,

En accusant reception de votre manuel `RAW-EATING' que vous avez eu l'amabilite de me faire parvenir, j'ai l'honneur et le plaisir de vous informer que ce livre m'a beaucoup interesse et je vous en remercie vivement.

NORODOM KANTOL,

Le President du Conseil des Ministres, Royaume du Cambodge.

***

THE WHITE HOUSE, June 1, 1964.

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Wokondedwa Bambo Aterhov,

Zikomo ponditumizira buku lanu laposachedwa. Ndikuyang'ana

mpaka maola angapo aulere pamene ndidzakhala ndi mwayi wowerenga tsatanetsatane.

RICHARD W. REUTER, Wothandizira Wapadera kwa Purezidenti ndi Mtsogoleri, Food For Peace, US

***

Luxembourg, Meyi 13, 1964.

Okondedwa achikulire,

Royal Highnesses The Grand-Duchess ndi The Hereditary, Grand-Duke waku Luxembourg, akufuna kuti ndikuvomereni kuti ndalandira kalata yanu yachifundo ya 23 Marichi 1964, yomwe mudawatumizira buku lanu la 'Raw-Eating'.

Akuluakulu awo a Royal adakhudzidwa kwambiri ndi chidwi chokoma ichi ndipo amandilamula kuti ndikutumizireni. Zikomo kwambiri. Adzawerenga buku lanu ndi chidwi chachikulu.

Major Germain FRANTZ, Aide-de-Camp.

***

Taiwan, Ogasiti 18, 1964.

Wokondedwa Bambo Hovannessian,

Ndawerenga mwachidwi kalata yanu ya Meyi 12 limodzi ndi a voliyumu yotsekedwa pa `Raw- Eating'. Ndi malingaliro opatsa chidwi kwambiri omwe mudapangira anthu onse, ndipo ndikuganiza kuti akuyenera kuwerengedwa mosamala ndi omwe akukhudzidwa ndi thanzi lathu komanso mibadwo ikubwera. Chonde landirani zikomo zanga zochokera pansi pamtima chifukwa choganizira ponditumizira bukuli.

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CHEN CHENG, Prime Minister wa Republic of China.

***

Tehran, pa Okutobala 18, 1964.

Cher Monsieur,

L'Ambassade de la RSF de Yougoslavie ndi l'honneur de vous informer d'avoir recu une lettre du Secretariat General de la Presidence de la RSF de Yougoslavie par laquelle est confirmee la kulandiridwa kwa RAW-EATING' dont vous avez eut l' bilite d'envoyer or President Tito.

Le Secretariat General vous remercie cordialement, kapena nomdu Purezidenti Tito, perekani omvera omwe akufuna.

VLADIMIR MILOVANOVIC, Conseiller.

***

Transport House, London, pa Epulo 29, 1964.

Wokondedwa Bambo Hovannessian,

Zinali zabwino kwambiri kwa inu kuti munditumizire buku lanu la 'RAW-EATING', nditenga mwayi woyamba kuphunzira zakudya zomwe mumapereka.

AL WILLIAMS, Secretary General,

CHIPANI CHA LABOUR

***

Washington, May 15, 1964.

Wokondedwa Bambo Aterhov,

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Zikomo chifukwa cha buku lanu, Raw-Eating', lomwe ndalandira posachedwa. Zomwe zili m'nkhaniyi zadziwika, ndipo ndikuyamikira kulingalira kwanu potumiza.

JOHN M. BAILEY, Wapampando, DEMOCRATIC NATIONAL COMMITTEE.

***

Berne, February 26, 1964.

Bwana,

Tikuvomereza kuti talandira ndipo tikufuna kukuthokozani chifukwa cha buku lanu lamutu wakuti:

Raw-Eating (kafukufuku wamba). Aliyense ayenera kuzindikira zinthu zofunika kwambiri za thupi lake,' zimene taziÿerenga mwachidwi.
Ndi mayamiko athu,

SWISS FEDERAL PUBLIC HEALTH SERVICE,

Mkulu wa Foodstuff Control, RUFFI.

***

Port-au-Prince, July 16, 1964.

Wokondedwa Bambo Aterhov,

Zikomo kwambiri chifukwa cha buku lanu lamutu wakuti `Raw-Eating'. Bukuli liwerengedwa kuyambira pachiyambi mpaka kumapeto chifukwa lathana ndi vuto lomwe lingakhale lopindulitsa dziko langa lonse.

Ndikukhulupirira kuti malingaliro anu m'buku adzakumana ndi zofunikira za onse ndipo adzakhala ogulitsa kwambiri chaka chino.

DEPARTEMENT DE LA SANTE PUBLIQUE ET

DE LA POPULATION, GERARD PHILIPPEAUX, MLEMBI WA STATE,

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Republique d'Haiii.

***

Berlin, June 4, 1964.

Wokondedwa Bambo Aterhov,

Purezidenti wa German Democratic Republic, Walter Ulbricht, akuthokoza kwambiri chifukwa cha kabuku kamene munamutumizira.

Monga mwachizolowezi mawu anu akhoza kutsutsidwa mwatsatanetsatane - zambiri Zoonadi, kukhala pamwamba pa zonse zomwe akatswiri amadandaula nazo: dokotala, katswiri wa sayansi ya zakudya, ndi zina zotero.

Boma la Germany Democratic Republic, makamaka Unduna wa Zaumoyo, amalabadira kwambiri funsoli. Pofuna kupanga moyo wathanzi, komiti yakhazikitsidwa pano mochedwa, chimodzi mwa zinthu zake ndi kutchuka kwa mfundo zolondola za zakudya.

HUTH, Chief Adviser, Chancellery of State.

***

La Habana, 24 de agosto de 1964.

Estimado dokotala:

Acuso recibo de su able envio del libro `Raw-Eating', genteleza que aprecio muy sinceramente ndi espero disfrutar de su lectura y recoger del mismo, las ideas y orientaciones valiosas quesu experiencia en esta materia nos trasmite por intermedia.

Dr. JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD PUBLICA, Cuba.

***

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La Paz (Bolivia), July 10, 1964.

Zikomo kwambiri chifukwa cha buku lanu la 'Raw Eating'. Sindinawerengebe, ndipo ndangodutsa mitu ina. Malingaliro omwe mumafotokoza mwa iwo ndi olimbikitsa ngakhale amatsutsana. Sindinathe kuwayankha, koma ndikufuna kukudziwitsani za kulandiridwa kwa bukhu lanu ndi chidwi chomwe chidandidzutsa.

Dr. GUILLERMO JAUREGUI G. Minister of Public Health.

***

Beograd, April 20, 1964.

Izi ndikukuthokozani chifukwa chonditumizira buku lanu lamutu wakuti 'RAW-EATING', lomwe lidzadzutse chidwi chachikulu pakati pa omwe akuda nkhawa ndi vuto la zakudya zokwanira.

MOMA MARKOVICH , Mlembi wa Federal for Health and Social Policy.

***

Makalata olimbikitsa ndi oyamikira alandiridwanso kuchokera kwa anthu otsatirawa:

Mfumukazi ya ku Netherlands; Mfumu ya Denmark; Mfumu ya Sweden; Mfumu ya Belgium; Antonio Segni, Purezidenti wa Republic of Italy; Adolf Scharf, Purezidenti wa Austria; Fransico Orllch, Purezidenti wa Costa Rica; S. Radhakrishnan, Purezidenti wa India; de Lisle, Bwanamkubwa-General wa Australia; Urho Kekkonen, Purezidenti wa Finland; Eamon de Valera, Purezidenti wa Ireland; P. Van de Calseyde, MD Mtsogoleri wa World Health Organization, Copenhagen, Denmark; Miss la Marsh, Mtumiki wa National Health and Welfare, Canada; CH. Shapira, Nduna ya Zam'kati, Israeli; Alfonso Ponce Archila, Minister of Health, Guatemala; Abbebe Retta, Minister of Public Health, Ethiopia; Yuichi Saito, Chief Liaison Officer, Ministry of Health ndi

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Welfare, Tokyo; Shri Mohanlal Vyas, Minister of Health and Labor, Gujarat, India; MacEntee, Nduna ya Zaumoyo, Ireland; Marga AM
Klompe, Nduna ya Zaumoyo, Netherlands; Giorgio Borg Olivier, Pulezidenti wa Malta; Gudrun Sanz ndi Elsie Waerndt, Nobel Foundation, Sweden; J. Grimond, Leater wa Liberal Party London; Pierre Werner, Pulezidenti wa Luxembourg; Sean F Lemass, Pulezidenti wa Ireland; Robert G. Menzies, Nduna Yaikulu ya Australia; Mehdi Nawaz Jung, Bwanamkubwa wa Gujarat, India; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, Bwanamkubwa wa Madras, India; SK Patil, Minister of Food and Agriculture, India; PC Sen, Mtumiki Wamkulu wa West Bengal, India; William Gopallawa, Bwanamkubwa-General wa Ceylon; Lester Pearson, Pulezidenti wa Canada; Sampurnanand, Bwanamkubwa wa Rajastan, India; Shri Partap Singh Kairon, nduna yayikulu ya Punjab, India; Robert Fraser, Independent Television Authority, London: Mr.

Sarnoff, Purezidenti, National Broadcasting Company, New York, ndi zina zotero pa…

Makalata atumizidwa kumayiko ambiri koma monga mukuonera, ena mwa makalatawo anali atatumizidwa kwa andale a mayiko ofooka omwe ali ndi njala ndi umphawi ndi mavuto ena chifukwa cha ndondomeko zawo zabodza, zoopsa komanso zotsutsana ndi ufulu, choncho ngati asintha njira yawo. ndi kuthandiza anthu awo ndiye kuti akhoza kukhala mtundu wolemera ndi wamtendere wotukuka. Raw Veganism ndi kiyi kwa iwo ngati asintha njira yawo.

Chidziwitso chotsatirachi chinasindikizidwa m'bungwe lalamulo la Vegan Society, Great Britain (September 1964): "Kutayikidwa komvetsa chisoni kwa mwana wake wamwamuna wazaka 10 ndi mwana wamkazi wazaka 14 zakubadwa ndi chimene anadziÿa monga chakudya chosakhala chachibadwa, adapanga Arshavir Ter Hovannessian kuti aphunzire mozama za zakudya - zotsatira zake ndi 'RAW-EATING', kabuku (7/2d) ndife okondwa kulandira kuchokera ku Tehran.

M'njira yokhutiritsa amawononga pafupifupi malingaliro athu onse amene tinali nawo kale za kadyedwe, ndipo ngakhale zamasamba, ndi zakudya zawo zophikidwa, zimatha kumva kugwedezeka pang'ono.

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Palibe zachabechabe za mavitamini opangidwa ndipo mwina pakutsata kwake mwachangu chakudya chosaphika mwina adawonetsa momwe vitamini B12 imazungulira ndi mavitamini ena "ofunikira".

Sitingathe kupereka zifukwa zake, koma mwana wake wamkazi, wazaka zisanu ndi chimodzi Anahit, yemwe sanadyepo chakudya chophikidwa kapena chosawonongeka m'moyo wake, ali umboni wochititsa chidwi wa mphamvu ya zakudya zomwe adasintha, ndipo zomwe tazitchula apa..."

Kenako amasindikiza, chonsecho, zowonjezera zomwe zaperekedwa kumapeto kwa buku, komanso chithunzi cha Anahit.

***

Wilmslow, Epulo 20, 1964:

Zikomo kwambiri chifukwa cha kukoma mtima kwanu potumiza buku la Raw-Eating'. Ndikukhulupirira kuti lingalirolo ndi lomveka ndipo tikudziwa zowongolera zazakudya zosaphika.

Ngati mukufuna kunditumizira chithunzi cha mwana wanu wamkazi wokondedwa Anahit (monga momwe zilili pachikuto chakumbuyo), ndidzakhala wokondwa kulifalitsa mu THE BRITISH VEGETARIAN kumapeto kwa chaka chino pamodzi ndi zowonjezera za m'buku lanu.

GEOFFREY L. RUDD, Mlembi & Mkonzi, THE VEGETARIAN SOCIETY

Geoffrey L. Rudd, Bank Square, Wilmslow, Cheshire, England.

***

Malaga, May 28, 1965.

Wokondedwa Bwenzi,

Chonde titumizireni nthawi imodzi makope khumi ndi awiri a bukhu lanu labwino kwambiri la 'Raw-Eating'. Tidzatumiza ndalama zotumizira posachedwa polipira, pamitengo yogulitsanso. Tikhala tikupanga ulendo wokaphunzitsa ku England & Wales M'dzinja uno, ndipo tikuyembekeza kugwiritsa ntchito bukuli mopindulitsa kumeneko.

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H. JAY DINSHAH, Purezidenti, THE AMERICAN VEGAN SOCIETY, H.Jay Dinshah, Pres. Malaga, New Jersey, USA

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Mwana wa malemu Dr. Bircher-Benner, Dr. Ralph Bircher, anaikapo a masamba asanu ndi limodzi otsogolera mu DER WENDEPUNKT, organ of the Bircher-Benner Clinic ku Zurich (May, 1964), pansi pa mutu wa "Alls-oder-nichts-Lehren fiber Ernahrung" (All or Nothing-Doctrine of Nutrition), zomwe zitha kufotokozedwa mwachidule motere:

“M’makona awiri a dziko lapansi, awiri akutsutsana kotheratu ziphunzitso za kadyedwe kadyedwe. Ku California, woyesera wina dzina lake Wirnitz wapanga ufa wopatsa thanzi wosakoma kuchokera kusakaniza kwa mankhwala 48. Ndi ‘chakudya’ chochita kupanga chimenechi amayesa anthu 18 omangidwa ndipo, popanda kuyembekezera zotsatira zake, amaululira atolankhani zimene akuyembekezera nthawi yake isanakwane.” Atafotokozanso zambiri zokhudza zinthu zopanda nzeru za wasayansi ameneyu, wowunikayo anapitiriza Kumbali ina, pa tebulo lathu la ndemanga tili ndi kabukhu kakang'ono kamene kali ndi chiphunzitso chosiyana kwambiri ndi zakudya, chomwe chikuyimira maganizo a 'Zonse kapena Palibe': Aterhov/Raw-Eating. Chingelezi chabwino kwambiri ndipo ndi chidule cha mavoliyumu awiri akuluakulu achiameniya.

Mmodzi amawona mmenemo kukhalapo kwa mwana wa chikhalidwe chapamwamba cha Aryana. Popanda kudzidalira pang'ono ... akuyimira zakudya zamasamba zoyera monga chakudya chachilengedwe komanso cholondola kwa munthu, ndipo mum'badwo wathu wofuna kunyengerera amachita izi mwatsopano, mwamtheradi wopambana waumunthu kotero kuti mwina zingalipire kumasulira kabukhu kakang’ono kameneko m’Chijeremani.”

Pambuyo pofotokozanso mfundo zofunika za malingaliro anga chimodzi ndi chimodzi, wolembayo akutchula mfundo zina za sayansi zimene zimandikomera ine;

"Zaka makumi anayi zapitazo Walter Sommer adadabwa chifukwa chake Bircher-Benner sanapite patali m'malingaliro ake ponena kuti chakudya chaiwisi ndicho chakudya chokha cha anthu. M'malo mwa Aterhov ndi mfundo yakuti malinga ndi kafukufuku waposachedwapa (Reader's Digest, January, 2017) 1964)

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munthu wakhaladi ndi (pafupifupi koyera) zakudya zamasamba zosaphika kwa zaka miliyoni ndi theka ndipo potero, wina angaganize kuti wapeza kukula kwake kwachilengedwe. M'malo mwa Aterhov ndi kuzindikira kochititsa chidwi kwa kusowa kwamakono pakati pa zakudya ndi mavitamini, 'njala yolimbikitsa', 'nthawi ya latency (Dammerungszone) mu kudwala', udindo wa 'malo' m'matenda opatsirana, chuma chambiri mu kagayidwe kachakudya pazakudya zatsopano zamasamba, kukwera kwachilengedwe kwa mapuloteni amasamba, makamaka muzakudya zosaphika, kukhulupirika kwazakudya zomwe siziyenera kukhumudwitsidwa, komanso chiyembekezo cha zakudya zotere poyang'anizana ndi kusowa kwa zakudya padziko lonse lapansi. ”

Malinga ndi ndemanga, amuna mafunde pakati pa mizati iwiri yoopsa. M'malingaliro ake, zingakhale bwino "kusapumula pakati." Ndipo amalangiza owerenga kuyima pafupi kwambiri ndi Aterhov kuposa Wirnitz.

***

Ashingdon, Rochford, February 28, 1964.

Okondedwa achikulire,

Zikomo chifukwa chowona buku lanu la Raw-Eating'. Ngati mukudziwa mndandanda wathu za zofalitsa mudzazindikira kuti timagwirizana ndi mtima wonse ndi mfundo yanu yofunika. Ndife omvera chisoni kwambiri malingaliro anu ndipo mosakayika, malinga ndi zomwe kampaniyi ikuchita, timagwirizana ndi zomwe mwapeza.

Timakonda njira yanu pa nkhani ya chakudya kwa ana. Ndi kwambiri zabwino ndithu. Nzowonadi kuti mwana wamng’onoyo afunikira kuti kukoma kwake kwachibadwa kwa zipatso zosaphika kutembenuzidwe mwadala m’malo mwa zakudya zophikidwa. Ndipo tikusirira momwe mumachitira bwino pa phunziro lanu, chifukwa mkati mwa masamba 53 mwakhala mukuvomereza mikangano yonse mokondera, kaya pamalingaliro amoyo wathanzi, kugonjetsa ndi/kapena kupewa matenda, ndi ku akaunti

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zachipatala ndi zachuma, ngakhale kukhudza zotsatira za chikhalidwe cha dziko lonse.

...Mwatsoka omwe angakhale opindulitsa kwa anthu samalandira mphotho ndi mphotho zina (zakuthupi) pokhapokha atagwira ntchito kudzera mu 'kukhazikitsidwa.' Kupanda kutero ndi chiyani chomwe munthu sangachite ndi gawo limodzi mwa magawo khumi la mapaundi mazana masauzande omwe amaperekedwa kuti 'afufuze' ndi asayansi omwe nthawi zambiri amangolemba zosoweka pakapita nthawi, ngakhale zotsatira zake sizinachite zovulaza.

The CW DANIEL COMPANY LIMITED Ashingdon, Rochford, Essex, England.

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Mexico, DF Epulo 23, 1964.

Wokondedwa Bambo Hovannessian:

Tangolandira kumene buku lanu la RAW-EATING' ndipo mutangotsala pang'ono pang'onopang'ono, ndazindikira kuti ndizosangalatsa kwambiri komanso kuti mukuchita ntchito yabwino kuyesa kutsimikizira anthu kuti chabwino kuposa zonse ndikutsata chilengedwe popanda zosintha zopanda pake zomwe anthu adachita nazo.

Ing. CARLCS PRIETO LOSANO. Oyang'anira zonse. INTER - AMERICAN ASSN. WA SANITARY ENGINEERING, Alfonso Herrera, 11-103, Mexico 4, DF

***

Friends House, April 13, 1964.

Bukhu lanu la Raw-Eating' linabwera ku Friend Service Council ndipo ndakhala ndi chidwi kuliwerenga. Ndizitumiza ku Library of Friends Vegetarian Society, komwe ndikuyembekeza kuti zitha kukhala zothandiza kwa ena.

Zikomo chifukwa cha ntchito yabwino yomwe mwakhala mukuchita polemba komanso kukhala ndi moyo wosavuta ndi zakudya zosaphika zachilengedwe. Kwa ine chikuwoneka ngati chizindikiro cha chiyembekezo cha kudyetsedwa kwa dziko ndi mtendere padziko lapansi. Ine ndikukhulupirira izo

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ziyenera kutipangitsa kukhala omvera kwambiri kuunika kwauzimu. Pakalipano ndine 'wavegan' (wazamasamba, osadya mazira, mkaka, uchi ndi zina), kotero ndimayamikira malingaliro anu, ndipo ndikuthokoza kuti anthu ambiri akubwera kudzawona izi ngati njira yoyenera yamoyo. Tsopano pali magulu osiyanasiyana, othandizira anthu omwe sakonda zamasamba komanso okonda mtendere, ndipo izi ziyenera kuthandizira ku mgwirizano wapadziko lonse.

QUEENIE DAWE, Friends House, Euston Rd. London, NWI

***

Israel, Januware 22, 1965.

Okondedwa achikulire,

Titawerenga bukhu lanu la Raw-Eating', tikufuna kuwerenga mabuku anu ena mu Chingerezi... Ngati anthu angaganize ndikumvetsetsa kuti akhoza kukhala athanzi komanso osangalala popanda zinyalala zonse zomwe akuzitengera m'matupi awo! Ndinu mneneri wa nthawi yathu ino.

M. NEZAH, Dr. Of Naturopathy, Pres. Israel Naturopathic assn.
Nezah Estate, Mishmar Hashiv'a, Israel.

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Okondedwa achikulire:

Ndawerenga buku lanu la Raw-Eating' ndipo ndimalikonda kwambiri. Ndizosangalatsa kwambiri m'mbali zonse, chifukwa chakudyacho chiyenera kudyedwa momwe chilengedwe chimapangidwira.

Mfundo zanu zazikulu ndizofanana ndi zomwe ndakhala ndikuzisunga m'mabuku anga ndi zolemba zakale ... Ndikufuna kumasulira m'Chisipanishi, ngati muvomereza lingalirolo. Ngati mulibe nazo vuto, chonde nditumizireni kope langa ndekha. Ndikuwunikanso magazini yaku Spain: Bionomia, yofalitsidwa ku Madrid, Spain...

A. Severon, Dr. of Naturopathy, Colunga, La Riera, Spain.

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Boston, July 5, 1966.

Moni Bambo Aterhov:

M'katimo mudzapeza madola khumi pa timabuku tanu takuti Raw-Eating'. Izi zidzasiya ndalama zokwana madola atatu kuti zithe kulipira mtengo wotumizira mauthenga anu ambiri momwe mungathere.

Tili ndi chidwi kwambiri ndi bulletin yanu nambala 1 chifukwa ndi cholinga chathu kutumiza kopi yake kwa anthu ambiri omwe amatilembera zokhudzana ndi matenda awo. Tikutsimikiza kuti idzakhala dalitso kwa anthu ambiri.

Tidzayamikira ngati mutatipatsa chilolezo chopanga makope a nkhani yanu No. 1 popeza, ndithudi, sitingaganizire kuchita zimenezi popanda chilolezo chanu. Ngati chilolezo chaperekedwa sitidzawonjezera kapena kuchotsa liwu limodzi. Ndife bungwe lopanda phindu ndipo tikufunitsitsa kuthandiza anthu ovutika kuti abwerere ku thanzi lomwe chilengedwe chimafuna kuti tikhale nacho. Ndife otsimikiza kuti inunso mumasonkhezeredwa ndi chikhumbo chomwecho.

Ndikuyembekeza, wokondedwa Bambo Aterhov, mupereka chisamaliro chanu chaumwini ndi kundilola kumva kuchokera kwa inu kudzera pa makalata a ndege mwamsanga pamene kuli koyenera kwa inu kutero. Tidzayamikiranso kwambiri ngati mungatseke zolemba zanu zingapo m'makalata anu apaulendo."

Woyambitsa, THE RISING SUN, NATIONAL MEDICAL- PHYSICAL RESEARCH FOUNDATION, INC.

Anakhazikitsidwa mu 1908 monga «Fundamental Research Society» ndi Nicola Tesla, Thomas Edison ndi Francis Richards. ANN WIGMORE, DD Pulezidenti wamkulu, 25 Exeter St. Boston

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Los Angeles, June 23, 1966.

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Wokondedwa wanga Frater:

Wolembayo posachedwapa ali ndi bukhu lanu lolembedwa bwino komanso lowunikira, lotchedwa Raw-Eating', ndipo wasangalala kwambiri ndi kuliwerenga. Akufuna kukupatsani chiyamikiro chake chowona mtima pa nkhani yomwe mwaphunzirayi, makamaka chifukwa cha thandizo lanu lolimba mtima ndi kuvomereza kwanu kudya zakudya zosaphika, zachilengedwe.

Kadyedwe kameneka kakhala kakudziwika kwa nthawi yaitali, makamaka, popanga zida za electro-magnetic therapeutic, adalemba zakudya zingapo kwa madokotala ndi anamwino zaka 40 zapitazo kapena mu 1926, zomwe zimalimbikitsa kuti "zaiwisi" zikhale zambiri. zakudya zatsiku ndi tsiku ...

Wolembayo adachitanso kafukufuku wautali pazambiri zama electromagnetic emanations ndi radiations, ndipo pambuyo pake pamitu yofunika kwambiri yaukadaulo waulimi, osakhudza kuchuluka kokha, komanso zofunikira kuti zikwaniritse zosowa zowopsa za anthu masiku ano ...

Tisanapitirire, titha kukufunsani ngati muli nawo kale mabuku analembedwa m'Chingelezi? Zikuoneka kuti imodzi mwa izo inasindikizidwa mu Chiameniya. Ngati ndi choncho, wolembayo akufuna kuti aphunzirenso chimodzimodzi kuti adziwe zambiri za ntchito yanu yolemekezeka yothandiza anthu.

Mwa kufotokoza, zikhoza kunenedwa kuti wolembayo wadzipereka nthawi ndi khama kuti amalize buku lathunthu, lomwe latsala pang'ono kutha, lotchedwa The Supersensible Rescue of Man', lomwe limafotokoza nkhani yozama ...

Asanaleke kuphonya kumeneku, kodi wolemba anganene kuti bukhu lanu ndilothandiza kwambiri kwa anthu ndipo liyenera kuÿerengedwa ndi kuliphunzira mofala? Munthu amalephera kulingalira kuti moyo wa zomera ndiwo fakitale yokha ya zakudya zokhutiritsa, ndi kuti nyama kapena iye sangakhaleko popanda chomeracho, kupanga ndi kupereka m'mpangidwe wofanana wa mchere ndi zinthu zofunika kwambiri mu mkhalidwe wa organic kaamba ka chakudya chake. Akuwoneka kuti

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'yaiwisi' monga yosayeretsedwa, yamwano, yosayenera komanso yosakonzekera kugwiritsidwa ntchito kapena kusangalala ...

Monga momwe Dr. Alexis Carrel wamkulu analembera zaka makumi angapo zapitazo: 'Amuna sangatsatire chitukuko chamakono monga momwe chilili panopa, chifukwa chakuti chikunyonyotsoka. Achita chidwi ndi kukongola kwa sayansi ya zinthu zopanda kanthu. Sanamvetsetse kuti matupi awo ndi kuzindikira kwawo zimatsatiridwa ndi malamulo achilengedwe, osadziwika bwino kuposa, koma osasinthika monga, malamulo a dziko la sidereal (astral). Sanamvetsetsenso kuti sangaphwanye malamulowa popanda kulangidwa. Ayenera, motero, aphunzire ubale wofunikira wa chilengedwe chonse, cha anthu anzawo, ndi zamkati mwawo, komanso zamagulu awo ndi malingaliro awo. Akapanda kunyonyotsoka, kukongola kwa chitukuko, ngakhale ukulu wa chilengedwe chooneka, zikanatha.' Dr. Carrel nthawi zambiri amatchula mfundo yakuti kumanga zipatala zazikulu kwambiri sikugonjetsa kufunikira kochita ndi zomwe zimayambitsa m'malo mopitirizabe kulimbana ndi zotsatira zokhazokha.

Kotero ife tiri ndi zambiri zoti tichite kuti tiphunzitse umunthu ndi kubwerera ku maziko a chilengedwe, kulingalira bwino ndi kukwaniritsa ntchito ndi maudindo athu.

Dr. ARIHUR B. WALKER, 439 S. Sherbourne Drive, Los Angeles, Calif. USA

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Allegany, NY October 28, 1966.

Wokondedwa Bambo Aterhov,

Limodzi la mabuku anu 'Raw-Eating' lafika m'manja mwanga ndipo ndili kukhudzidwa kwambiri ndi zomwe zili mkati mwake; mochuluka, kuti ndatengera dongosolo la Raw Eating. Ndili ndi famu kuno komwe ndimalima ndekha zipatso, mtedza ndi ndiwo zamasamba, ndipo ndikufuna kuthandiza ena kudzera mu Raw Eating kuti akhale ndi thanzi labwino; chifukwa chake ndikuganizira izi ndikukutumizirani ndalama kubanki ya $20.00 kuti mulipire makope 30 a

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buku lanu. Komanso ndingayamikire makope angapo a bulletin No. 1 kuti mupereke kwa anzanga...

Ndichita zonse zomwe ndingathe kuti ndilimbikitse buku lanu m'dziko lino chifukwa landithandiza kupeza njira yabwino yopezera thanzi. Ndili ndi otsatira ambiri kuno ku United States ndipo ndadzipereka ku cholinga cha UTHENGA WABWINO kudzera mukudya moyenera komanso kukhala ndi moyo. Ndine membala wa American Natural Hygiene Society. Ndikufuna kupitiriza kufalitsa uthenga wabwino wa Raw-Eating' kudzera m'buku lanu ndipo ndikukhulupirira kuti idzabweretsa maoda ambiri ochulukirapo a bukhu lanu. Ndili ndi famu yokongola kuno, ndipo ngati mutabwera kudziko lino, mwalandiridwa kuti mubwere kudzakhala ngati mlendo wanga.

Bambo AJRUGGIERI, W. 5 Mile Rd. Allegany, New York. Purezidenti ya GOOD GUYS OF THE GLOBE *"Peace: Good Will Towards Men"*

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Meadows of Dan, Sept. 1, 1966:

Wokondedwa Mnzanga, ndine wosadya nyama komanso wosaphika, ndimalalikira ndikuphunzitsa izi. Ndinapeza bulletin yanu nambala 1 mu Mount Zion Reporter ndipo ndinaidula ndikulembanso kuti ndipereke kwaulere ... zambiri mwa izi kuti ndipereke kwaulere kwa mnzanga wodwala?... Ndili ndi bukhu lamtengo wapatali la 'Nature The Healer' lolembedwa ndi John T. Richter, koma ndikufunika kuwona zomwe mukunena. Chonde nditumizireni 'Raw-Eating', ndipo ngati izi zili zofanana ndi Chilengedwe Mchiritsi ndidzafuna ambiri a iwo kuti ndipereke kwa amuna anzanga. Ndinenso wolemba timapepala, koma sindine dokotala ...

Dec. 11, 1966:

Ndinasangalala kwambiri kulandira mabuku pamodzi ndi kalata yanu yabwino. Ndinkayang'ana kakang'ono kuposa Nature The Healer. Palibe ntchito yabwino kuposa kuunikira anthu kufunika kwa chakudya chosaphika. Ndikuganiza kuti bukhu lanu likundipatsa zosowa zanga tsopano, monganso buku lalikulu, ndipo limabweretsanso zabwino zambiri. Inde, nditha kugwiritsa ntchito mabuku omwe mudatumiza… Ndikufuna ena anu

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mabuku. Ndikupita paulendo waumishonale ku Florida ndipo nditha kugwiritsa ntchito mabuku anu ambiri paulendowu. Ndikufuna kufalitsa zakudya zosaphika motere, ndipo ndikupemphedwa kuti nditengere milandu ina kuti ndiwapatse zakudya zosaphika. Pakali pano mayi wagona pafupi kumwalira, pafupifupi kuperekedwa ndi madokotala kuti afe. Amandipempha kuti ndimuthandize kuti azitha kudya, ndikuyembekeza kuchita izi posachedwa ...

Mayi IW Carroll, Box 240, Meadows of Dan, Va. USA

***

Israel, Ogasiti 22, 1966:

Okondedwa kwambiri Bambo Aterhov. Ndizosangalatsa kuti lero ndamaliza kuwerenga buku lanu labwino kwambiri la RAW-EATING '. Ngati anthu tsiku lina adzazindikira kufunika kwa chakudya chachilengedwe, ichi chidzakhala chiyambi cha nyengo yatsopano m'mbiri ya moyo wa munthu; adzakhala PARADISE.

Ndi chilolezo chanu, ndiloleni ndidzidziwitse ndekha. Dzina langa ndine Joseph Razon, ndili ndi zaka 43, ndinabwera ku Israeli zaka zitatu zapitazo ndikugwira ntchito ngati dokotala ku Kupat Holim Medical Organization. Sindimasangalala ndi ntchito yanga ya tsiku ndi tsiku, chifukwa ndimayenera kupereka mankhwala (poizoni). Ngakhale ndimayesa kupereka ndalama zocheperako (primum non nocere), sindikukhutira ndi machitidwe anga opondera poyizoni! Ndiyenera kugwira ntchito chifukwa ndine wokwatira! Mkazi wanga akuchokera ku Tehran... Nditaÿerenga bukhu lanu, ndinaganiza zolembera kwa inu ndi kukufunsani ngati mungatitumizireko mabuku a m'chinenero cha Chiperisi a mkazi wanga. Ndikukhulupirira kuti ngati awerenga za chakudya chachilengedwe ndi momwe zimakhudzira thupi la munthu, sangayerekeze kudyetsa mwana wathu (tikuyembekezera khanda) ndi zinthu zakufa!

Ndikufuna ndikupatseni zambiri za zomwe ndimachita ku Istanbul zaka zingapo zapitazo. Ndinali Mlembi Wamkulu wa 'Turkey Vegetarian-Hygienist Society' ndipo ndinali m'modzi mwa anthu omwe anali okangalika kwambiri m'gululi. Kumeneko Mabungwe a Zamankhwala ndi Makampani a Chemical adawona ngozi m'gulu lathu lazamasamba chifukwa cha ziphe zawo ndipo monga Myuda ndinali malo ofooka kwambiri omwe adapeza kuti ndisavuta kuwononga. Iwo

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Ndinachita zoipa kwambiri kwa munthu wanga ndipo ndinayenera kuchoka kudziko limene ndinabadwira, kumene ndinaphunzira komanso anthu omwe ndimawakonda. Koma ndinayenera kubwera ku Israeli. Mwamwayi, apa tikhoza kulankhula ndi kulemba momasuka za zamasamba ndi moyo wachilengedwe. Pali madokotala oposa 20 a naturopathic ndipo tilinso ndi mudzi wa zamasamba, AMIRIM, pafupi ndi mzinda wa SATAD kumapiri a Galil!

Sabata yapitayo ndinayendera malowa kachiwiri, ndinali wokondwa ndipo ndinkafuna kukhala ndikukhala kumeneko. Koma choyamba ndiyenera kutsimikizira mkazi wanga. Chonde, ndikupemphani kuti munditumizire mabuku ena a m'Chiperisiya onena za nkhaniyi.

Zinali zosangalatsa kuyang'ana chithunzi cha ANAHIT, chokongola komanso wathanzi. Munthu amatha kumva thanzi lake pongoyang'ana chithunzi chake.

Novembala 12, 1966:

Zinali zosangalatsa kwambiri kulandira kabuku kanu kochititsa chidwi kwambiri ka Raw-Kudya' m'Baibulo lake la Chiperisi. Ndikukuthokozani ndipo ndikuyembekeza kuti mkazi wanga amvetsetsa bwino nkhaniyi. Ndikuyembekezanso kuti mwana wanga sadzavulazidwa ndi zakudya zophikidwa, zopanda chilengedwe!...Ngakhale ntchito yanga m'bungwe lachipatala ndimasamalira anthu omwe akufuna kutsatira moyo waukhondo. Pamene ndinali ku Turkey ndinali kusamalira odwala anga monga waukhondo wachilengedwe. Tsopano ku Israel ndiyenera kupeza zofunika pa moyo, choncho ndiyenera kugwira ntchito m'bungwe la zamankhwala.

Posapita nthaŷi ndidzayenera kugwira ntchito m'munda wopanda mankhwala. Koma popanda malo azachipatala izi sizingakhale zokhutiritsa mokwanira, kotero limodzi ndi madotolo ena azachipatala tikufufuza anthu omwe akufuna kutithandiza! Ndikukhulupirira kuti posachedwapa ndidzakuuzani zambiri za izo.

Dr. JOSEPH RAZON, 170/2 Arlozorov St. Kiryat- Malakhi, Israel

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Baldwin Park, Calif. Epulo 14, 1966.

Wokondedwa Bwenzi:

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Ndinasangalala kuona nkhani yanu yonena za Raw-Eating mu 'Mount Zion Reporter' ya ku Jerusalem, Israel. Mkonzi ndi m'bale wanga. Ndine wokondwa kuti mwandiuza za bukhu lanu mu pepala lake. Ndine wokondweretsedwa kwambiri ndi mabuku owonjezereka okhudza chakudya chosaphika, chotero ndikutumiza oda yanga, yoyamba, popeza ndikulinga kufalitsa chowonadi chofunika kwambiri chimenechi.

June 20, 1966.

Ndalandira mabuku anu amtengo wapatali. Ndizo zomwe ndikusowa ... Ndimayamikira mabuku kwambiri, ndipo ndikuyembekeza kuti anthu ambiri m'mayiko osiyanasiyana adzawapeza chifukwa ndinali ndi mwayi wochita zimenezo ...

November 13, 1966. Ndine wokondwa kuti tsopano ndikhoza kuitanitsa ena a mabuku anu, Raw-Eating'. Ndi zomwe anthu amafunikira. Ndinkafuna kutumiza odayi posachedwa, koma ndinadikirira mpaka nditasiya ndalamazo. Ndikuganiza kuti nthawi ina ndikatha kuyitanitsa posachedwa, popeza ndikusamalira zinthu zina... Ndimakhala ndekha, ndidzakhala ndi zaka 89 pa 5 Feb. 1967, kotero sindingathe kutuluka ndi mabuku ndikugulitsa monga wachinyamata akhoza. Ndikulemba dzina langa ndi adiresi m'mabuku ndikubwereketsa kwa omwe adzawawerenga. Ndikufuna mabuku aziyenda mozungulira kuti ndisawapatse kuti agone mozungulira nyumba ya munthu…

zaka ziwiri zapitazi. Ndinagwira ntchito m'munda wanga masana onsewa, ndipo sindine wotopa ...

ORAF. CARPENTER, California USA

***

Alberta, Epulo 9, 1966.

Okondedwa achikulire,

Ndine wowerenga 'Mount Zion Reporter', ndipo ndili ndi chidwi ndi nkhani yakuti 'Value of Raw Food'. NDINE wazaka 75, ndipo mwachibadwa ndikufuna kupindula ndi makhalidwe a zakudya zosaphika. Ndakhala wothamanga m'masiku oyambirira-koma wodzipereka ku zakudya zophikidwa.

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Vuto ndikupeza masamba ndi zipatso zoyenera—zopanda jakisoni wa mchere, kuno ku Canada.

GEORGE BAIN SUTHERLAND, Canada.

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Swansea, Marichi 1, 1964.

Wokondedwa Bambo Aterhov,

Kumayambiriro kwa Januware, ndikuwonera pulogalamu ya 'TONIGHT' seti yanga ya kanema wawayilesi, ndinasangalatsidwa ndikuwona bukhu lanu, ndipo pomva zolemba zingapo zikuwerengedwamo. Ndinasangalala kwambiri kukhala ndi buku lanu. Kotero ndinalembera ku BBC kuti ndidziwe zambiri za wofalitsa, ndi zina zotero. Tsoka, ndinadziwitsidwa, pamapeto pake, kuti sizingatheke m'dziko lino. Komabe, anandituminzira adiresi yokha imene anali nayo, chotero ndinaganiza zolembera kwa inu kuti ndikuthokozeni ndi kukufunirani zabwino zonse pofalitsa uthenga wanu. Ndikuvomereza, moona mtima, kuti kuledzera kwa zakudya ndizovuta kwambiri pa zoyipa zonse. Dzikoli lingakhale losiyana bwanji, ngati anthu atasintha miyambo yawo yodyera monga momwe akulimbikitsira m'buku lanu. Chitsanzo chanu ndicho kuyesetsa kwakukulu kwa ubwino wa anthu padziko lapansi lero. Tikuoneni inu—Mneneri wamkulu wa m'badwo uno...

April 29, 1964. Linali tsiku losangalatsa chotani nanga Lachitatu lapitalo pamene bukhu lanu ndi kalata zinafika. Zanditengera, ndipo nthawi zina zimandidabwitsa. Koposa zonse, zandiunikira ndikundilimbikitsanso mwatsopano. Kuyambira ndili mwana, pamene ndinaloweza mawu angapo pa Sande sukulu, ndinafunafuna CHOONADI. ('Mudzazindikira chowonadi, ndipo chowonadi chidzakumasulani'). Kufunako kunanditsogolera ku mipingo yosiyanasiyana, ku Rationalism, kenako ku Vegetarianism ndi Food Reform ndi Nature Cure ndipo, pamapeto pake ku Theosophy ndi kufotokozera kokha kovomerezeka (kwa ine) kwa mavuto a moyo - Karma ndi Kubadwanso Kwinakwake. Wakhala ulendo wautali bwanji. Ndipo apa, potsiriza, ndikuyang'ana pa bukhu lanu, ine ndikumverera 'ZIMENEZI NDI IZI'. Zikomo chifukwa cha mphatso yabwino kwambiri, ndipo sangalalaninso ndi kalata yanu ...

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February 3, 1966. Zinali zosangalatsa kwambiri kumva kuchokera kwa inu kachiwiri, ndi kuti phunzirani kuchokera mu kapepala kanu za zipambano zambiri zimene iwo amene akutsatira chitsanzo chanu apeza... Mudzakhala ndi chidwi chodziwa za mdzukulu wanga yemwe. Anali ndi vuto lamanjenje mu 1964, ndipo anali m'chipatala cha Mental kwa nthawi yochepa. Atangotuluka, ndinatha kumtumizira buku lanu ... Anapita ku Raw-Eating ngati bakha kuti amwe madzi, ndipo adachira modabwitsa. Zinasintha malingaliro ake onse ndi umunthu wake, ndipo tsopano akupita patsogolo m'maphunziro ake. Ndi wophunzira waluso ku Manchester University.

Mayi Gena Harries, 11Hston Place, West Cross, Swansea, Glamorgan, England.

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Southsea, February 20, 1964.

Okondedwa achikulire,

Ndikakamizika ngati mutandipatsa zambiri za momwe ndingapezere buku lotchedwa 'RAW-EATING' lolemba ATERHOV. Bungwe la British Broadcasting Corporation ku London linandipatsa adiresi yanu pamene linandiuza kuti bukhulo silikupezeka m'Chingelezi. Ndikufuna kwambiri kukhala ndi kope.

19 March, 1964. Zikomo kwambiri chifukwa cha bukhu lanu la Raw-Eating' limene ndinalandira Lachinayi lapitali, 12 March. Zomwe zili m'bukhu lanu zinalidi vumbulutso kwa ine, bukhu lodabwitsa kwambiri limene sindinaŷerengepo pa zosoŷa ndi zofunika za munthu. Ndinaganiziranso mmene mutu wa bukuli unalili woona mtima ndiponso wolimbikitsa. Ndimayamikira utali wa phunziro ndi nthaŷi imene iyenera kuti inapita m'kuyesayesa kupanga ndi kukonzekera bukhulo. Ichi ndi chisonyezero choipa kwambiri cha mmene ndikumveradi ndipo ndidzachita zonse zomwe ndingathe kuti ndikondweretse anthu ena, koma sichidzakhala ntchito yapafupi kudziwa zomwe anthu ali ndi momwe amachitira monyinyirika kusintha zizoloŷezi zawo, makamaka kudya. omwe. Komabe, ndiyesetsa momwe ndingathere kuti ndiwatsimikizire ndikuwapangitsa kuti akutumizireni buku lanu ... Ngati mukufuna, ndikudziwitsani nthawi ndi nthawi momwe zinthu zikuyendera ...

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Mayi VM Snelling, 26 Victoria Rd. Southsea, Hants, England.

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Santa Rosa, November 27, 1964.

Okondedwa achikulire,

Ndinali wokondwa kuwerenga buku lanu, 'Raw-Eating', ndipo ndikufuna kwambiri kukhala ndi langa. Nditakambirana ndi anzanga awiri, nawonso akufuna kupeza imodzi, kotero ndikuyika ndalama zokwana madola 4.50 pa mabuku atatu ... Ndine wofunitsitsa kulandira mabukuwa ... Ndine 100 peresenti. 'chakudya chaiwisi', ndipo ndikufalitsa mawu abwino kwa iwo amene akufuna. Zakudya zosaphika zapulumutsa moyo wanga.

Januware 21, 1965:

Nditalandira makope 15 a 'Raw-Eating' ndi invoice yolembedwa yopempha ndalama zokwana madola 10.00, ndikutsekera kalata ya kubanki... kuphatikizapo $10.00 yowonjezera pa makope ena 15 a Raw-Eating.' "Ndimayamikira kwambiri mwayi wothandiza anthu kumvetsa kufunikira kwa kudya zakudya zosaphika, kudzera mu ntchito yanu yaikuluyi.

February 2, 1965:

Magazini ya 'Let's Live' ndi yanu kuti muwerenge ya Martin Reinecke Nkhani, 'Adventures in Raw Foods'.

Magazini ya mwezi uno ili ndi kalata yanga yofotokoza mmene ine ndi mwamuna wanga tinayambira kudya zakudya zosaphika 100 peresenti. Ndife okondwa kwambiri ndi izi ndipo tipitiliza kuthandiza Martin kulimbikitsa njira iyi yodyera, momwe tingathere.

Buku lanu lomwe, `Raw-Eating', ndi labwino kwambiri. Ndine wokondwa kwambiri agawire kwa anthu amene akufuna kudziwa zimenezi. N’zoona kuti panopa ndi ochepa kwambiri, koma ndikukhulupirira kuti m’kupita kwa nthawi anthu ambiri adzamvetsa. Kugwira ntchito mwakachetechete ndi amene angamvetsere n’kokhutiritsa kwambiri.

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Meyi 6, 1965:

Ndinalandira kalata yanu yondipempha kuti 'Tikhale ndi Moyo' koma ine Pepani a Health Food Store agulitsa makope onse. Ndikukutumizirani magazini ya Meyi ndipo ndipitiriza kukutumizirani zinthu zotsatirazi pokhapokha ngati mukufuna kulembetsa.

Ndinatumiza kalata yanu kwa Martin Reinecke kaamba ka kuwongolera nkhani yake ya February monga ananenera.

Ndidzasangalala kukhala ndi buku lanu lachiwiri likamalizidwa. Ndakhala ndi chipambano pogulitsa voliyumu yanu yoyamba ndipo ndikufuna kukhalabe nayo.

Mayi Helen M.Bulbeck, 818 Cherry St. Santa Rosa, USA

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Venice, Calif., Sep. 29, 1964.

Wokondedwa Bambo Aterhov,

Zikomo kwambiri chifukwa cha makope aÿiri a bukhu lanu lakuti `Raw-Eating' Ndinalikonda kuliÿerenga kwambiri.

Ndinasiya kudya zakudya zophikidwa miyezi isanu yapitayo. Ndili ndi zaka 31 ndipo ndikumva bwino kwambiri. Tsiku lililonse ndimathamanga mailosi 2-5 pagombe, kusambira, kukwera mapiri. Masabata atatu apitawo ndinakwera phiri la Withney tsiku limodzi. Ulendo wobwerera ndi makilomita 26 ndipo phiri lenilenilo ndi lalitali mamita 14,500. Kugunda kwanga ndi 58-60. Ndikukuuzani zonsezi kuti mudziwe kuti chakudya chosaphika ndi yankho ku mavuto onse a anthu.

Ndikhoza kukhala wokonda kwambiri kugulitsa buku lanu ku United States (ndipo mwina ku Canada). Chonde ndidziwitseni kuti mumapempha ndalama zingati 500 kapena 1,000 ...

February 6, 1966:

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Ine ndi mkazi wanga tsopano takhala zaka pafupifupi ziÿiri kudya chakudya chosaphika 100 peresenti zakudya ndi zotsatira zabwino kwambiri. M'kati mwake ndikutumizirani nkhani, yolembedwa ndi Shirley, mkazi wanga, ndi kusindikizidwa m'magazini ya 'TIKHALE MOYO', July 1965. Tikukulolani kugwiritsa ntchito nkhaniyi ndi zithunzi zomwe zili mkatimo.
Chimodzi mwazithunzizo ndi cha mnzathu wokondedwa kwambiri yemwe ndi wosaphika. Amalimbana ndi mikango (ya ku Africa) yopanda manja, ndipo mikango iyi ili ndi mano ndi zikhadabo zonse. MICKEY SOLOMONI ndi dzina lake.

Sitinamvepo bwino m'miyoyo yathu popeza timadya zakudya zathu zosaphika. Buku lanu ndi buku labwino kwambiri lomwe tili nalo lokhudza zakudya zosaphika, ndipo timawerenga buku lanu pafupipafupi. Tikufuna kufalitsa chowonadi chokhudza zakudya zosaphika ... Tikuganiza kuti buku lanu labwino kwambiri liyenera kuperekedwa kwa anthu ambiri.
Chotsekeredwa ndi oda yandalama ya $20.00 ...

Mayi Shirley & Bambo Thorwald Boie, 1015 Venice Blvd. Venice, Ca. USA.

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Columbia, S.C. Januware 7, 1965:

Ndinasangalala kwambiri ndi nkhani yonena za kabuku kanu kakuti RAW-EATING' mu Let's Live Magazine- December 1964. Ndinalembera wolemba wake, Martin J.
Fritz, ndipo adandilangiza kuti ndilembe ku British Vegetarian Magazine ndipo iwonso adandipatsa adilesi yanu ...

MAI. IRENE GOLEMON, US A

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Ndemanga kuchokera m'kalata yolembedwa ndi njonda ku Abadan, nditawerenga buku langa lachi Persian:

Abadan, Julayi 25, 1965:

Wokondedwa Bambo Aterhov,

Kabuku kanu kakang'ono kameneka kabweretsa kusintha kwakukulu m'kawonedwe kanga ka maganizo, kotero kuti ndimadziona kuti ndine wodya zosaphika. Sindikudziwa

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ndikukuthokozani bwanji. Sikukokomeza kunena kuti ndili ndi ngongole kwa inu. Inu ndinu Yesu wa nthawi yathu ino, wopatsa moyo kwa odwala ndi akufa, ndipo ndi moyo wokoma bwanji pamenepo!... Zikuwoneka zosaneneka kwa ine kuti wina awerenge bukhu lako ndi kusasintha njira ya moyo wake.

SADARAT, Abadan, Persia.

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Pambuyo pa kusindikizidwa kwa voliyumu yanga yaikulu m'Chiameniya, kudya kwakhala kukupeza otsatira ambiri ku Armenia.

Yerevan, Marichi 24, 1961.

Wokondedwa Bambo Hovannessian,

Central Library ya Academy of Sciences ya ku Armenia yalandira moyamikira voliyumu yoyamba ya ntchito yanu yotchedwa Raw-Eating. Kuti mukwaniritse zofuna za owerenga athu ambiri pa ntchito yanu ya mutu wakuti "Raw Eating", chonde titumizireni makope asanu a voliyumu yoyamba, poganizira kuti makope awiri omwe atumizidwa kale amafalitsidwa nthawi zonse ndipo kuchedwa kukuchitika. kukwaniritsa zofuna za owerenga ambiri."

ACADEMY OF SIENCES OF THE ARMENIA,
H.MECHERIAN, Director of the Completive Section.

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Yerevan, Novembala 20, 1961.

Wokondedwa Bambo Hovannessian,

Talandira makope khumi a voliyumu yoyamba ya ntchito yanu yamutu wakuti `Raw-Eating', operekedwa ku laibulale yathu, zomwe tikuthokoza nazo moona mtima.

Yerevan, Juni 16, 1965:

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A Directorate of the State Library of Armenia akuthokoza kwambiri chifukwa cha makope asanu ndi limodzi a buku lanu lamutu wakuti, 'Along the Paths of Raw-Eating', limene mwapereka ku Laibulale.

Chiwerengero cha anthu omwe amakonda kudya zosaphika chikuwonjezeka pang'onopang'ono ndipo ambiri a iwo akufuna kukhala ndi mabuku anu. Kodi mungatipatseko makope enanso ochepa a zofalitsa zanu?

UTUMIKI WA CHIKHALIDWE, ARMENIA,

AM MIASNIKIAN STATE LIBRARY OF THE REPUBLIC,

ARAZI TIRABIAN, Director.

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Pambuyo pake nthawi zambiri ndatumiza makope makumi awiri kapena makumi atatu a mabuku anga ku laibulale iyi, popanda kuyembekezera kubweza kapena kubweza chilichonse.
Tsoka ilo chifukwa cha mavuto ndi zolepheretsa zomwe anthu a Soviet Union amakumana nazo (ulamuliro wopondereza wotsutsana ndi malonda wamba) ndimakumana ndi zopempha zonse za mabuku olandilidwa kuchokera ku Soviet Union kwaulere, mosasamala kanthu kuti zopempha zotere zimachokera ku mabungwe aboma kapena anthu wamba.

Zolemba kuchokera mu kalata yolembedwa ndi Eminent (ndakatulo ya ku Armenia), Hovhannes Shiraz:

Yerevan, Januware 4, 1962.

Wokondedwa Ter Hovannessian,

Zinangochitika kuti ndinapeza buku lanu losangalatsa lotchedwa `Raw-Eating'. Inu mwaikidwiratu kukhala mpulumutsi wamkulu wa anthu onse anzeru awa. Kupeza kwanu, kudya kwaiwisi, kuli kofanana ndi kwa Darwin wamkulu; Inde, ndi yaikulu komanso yothandiza kwambiri, ayi, ndiyenera kunena kuti ndi yothandiza kwambiri, kuposa zonse zomwe zapezedwa zaka mazana angapo zapitazo. Koma, tsoka, pamaso panu pali thanthwe losagonjetseka. Zikanakhala kuti khanda lakhungu limeneli, lotchedwa mtundu wa anthu, limene lanyengedwa kwa zaka zikwi zambiri, likanatha.

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bwererani m'maganizo, kusiya moto ndi kukutsatirani panjira yochenjera imene mwaitsegula, ndipo chiwawacho chidzachoka mwa munthu. Koma anthu, pamodzi ndi unyinji wonsewu wa mafuko ndi mafuko, amamatirirabe kumoto, monga momwe udzu umamatirira pathanthwe. Sichisiya chakudya chophikidwa chobweretsa imfa, ndipo sichidzachisiyabe ... Ndiwe wosakhoza kufa. ”…

Hovanes Shiraz, 20 Leninian Ave. Erevan.

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Kuyambira ubwana wake wolemba kalata yotsatira, wamng'ono Wophunzirayo adadwala matenda ambiri, monga chikuku, chimfine, malungo (parotids), malungo, angina, chimfine chamitundumitundu, kupweteka kwa khutu, kupweteka kwa mano, kudzimbidwa, kutsekula m'mimba, zotupa, appendicitis ndi kutupa kwa ndulu (cholecystitis) . Masiku ano kudya zosaphika kwamumasula ku zowawa zonsezo, zomwe akuwonetsa kuyamikira kwake m'mizere yotsatirayi:

Yerevan, February 5, 1964.

Mphunzitsi wanga wokondedwa, sindingathe kunena mawu othokoza komanso oyamikira omwe ndakhala ndikukusangalatsani kwa miyezi ingapo tsopano, chifukwa mawu onse akuwoneka ngati osakwanira.

Mwa kuchita matsenga kumodzi mwabwera kudzathetsa vuto lowopsa lomwe linasautsa moyo wanga, monga momwe, mosakayikira, mudzachitiranso anthu ena, mpaka chomwe chinayambitsa maloto owopsawo chitatha - zikomo kwa inu.

Munabwera kudzachotsa khungu lotseguka lija, ugontha wamakutu akuthwa ndi misala yosazindikira imene ndinamizidwamo, monga wina aliyense.

Munabwera ndi nyali yamatsenga kuti muwonetse motsutsana ndi malo akumwamba nkhope ija yomwe inalidi yanga ndipo mpaka nthawi imeneyo ndimatha kulota ndikungolingalira.

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Ndikugwada pamaso pa chithunzi chanu chonyezimira ndikukupatsani moni ngati mwamuna amene ndili ndi ngongole zambiri kuposa zomwe ndakhala ndi ngongole kwa wina aliyense.

Ndikugwada pamaso pa chithunzi chanu chonyezimira ndikukupatsani moni ngati ngwazi yomwe dzina lake liri lero mosalekeza pamilomo ya omwe adawapulumutsa, koma mawa lidzakhala pamilomo ya onse.

Ndimagwada pamaso pa chithunzi chanu chonyezimira ndikukupatsani moni ngati msilikali wachitukuko chenicheni, sayansi yeniyeni, kupita patsogolo kwenikweni, komanso ngati womenyera tsogolo labwino, lotukuka, lasayansi.

Armen Vshtuni, Perspective Lenin 20, Erevan, Aremenia.

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Yerevan, Marichi 29, 1964.

Wokondedwa Hovannessian,

Mizere yowerengeka yodziwitsani kuti kudya kosaphika kwakhala ndi munthu wina, yemwe chifukwa chake chotengera mtundu watsopano wazakudya sichichokera pakukhumudwa kulikonse komwe kumachitika chifukwa cha matenda kapena zina, koma pazolinga zowuziridwa ndi malingaliro anu akulu. .

Ndiyenera kuvomereza kuti pali zopinga zingapo panjira yanga, chifukwa bambo anga ndi katswiri wa sayansi ya zamoyo, pamene mchimwene wanga ndi dokotala, ndipo m'banja mwathu ndine ndekha amene amadya zakudya zosiyana (zachibadwa). Tsopano ndi miyezi isanu ndi inayi pamene ndasinthira ku njira yatsopano yodyera ndipo ndili ndi thanzi labwino. Zikuwoneka kwa ine kuti zilembo ngati izi, zikubwera kwa inu kuchokera kumakona onse a dziko lapansi, zidzachulukana mukupita patsogolo kwa geometrical ndipo simudzakhala ndi nthawi yopumula kuti muwerenge mizere yoyamikira yoperekedwa kwa inu. Zomwe mwapeza zidzalowa m'mbiri.

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Juni 18, 1965.

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Ndikulemba kuchokera ku Leningrad. Ndikupitiriza maphunziro anga ku Conservatoire kuno. Pokhala ndi inu nthawi zonse, ndikukutumizirani zokhumba zanga zabwino, ndikukhulupirira kuti nthawi ili kumbali yanu. Kupima kwachipatala kwa ine ndi mchimwene wanga nthaÿi zonse kumapereka zotulukapo zokhutiritsa. Ndikumva bwino kwambiri, pamene kulemera kwanga kumapitirira pang'onopang'ono, koma ndithudi.

H. SVATCHIAN.

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Yerevan, Januware 6, 1965.

Wokondedwa Bambo Hovannessian,

Panopa patha miyezi 6 ndikuyamba kudya zosaphika. Kukhala kudziwa bwino za kulandiridwa kodabwitsa komwe kwaperekedwa ku bukhu lanu kumadera onse adziko lapansi, sindikufuna kufotokoza mwatsatanetsatane ndikubwereza zomwe mwachizolowezi. Mosakayikira lingaliro la kudya yaiwisi ndilo kupambana kwakukulu komwe kumapezeka ndi malingaliro aumunthu panthawi yonse ya chitukuko.

Sindikufuna kulemba za zomwe ndakumana nazo, chifukwa, nditawerenga zomwe mwalemba kuchokera m'makalata osiyanasiyana othokoza, ndazindikira kuti zomwe ndikuchita zikugwirizana ndi momwe anthu ena ogula zakudya zachilengedwe amachitira.

Chofunika chapadera ndi kusintha kwamaganizo komwe kumatsatira nthawi yomweyo, ngati sikunayambe, machitidwe a thupi.

Ndiloleni ndikuthokozeni chifukwa cha mphatso yapadera yomwe mwapereka kwa anthu.

Vladimir Khachaturian, 38 Abovian St. Erevan.

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Uthenga wa Khrisimasi wochokera kwa mtsikana wina ku Moscow:

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Moscow, December 20, 1964.

Wokondedwa Bambo Aterhov,

Ndizosangalatsa kuti ndikutumizirani moni wa nyengoyi, pamodzi ndi zikomo zanga zaumwini ndi zofuna zanga zabwino za kupambana kwa ntchito yanu yaikulu ndi yothandiza anthu.

Wotsatira wanu, yemwe wachira matenda ake amtima wautali komanso oopsa.

Pambuyo pake, m'kalata yamasamba khumi akupereka nkhani yonse ya iye matenda ndi kuchira, zomwe zotsatirazi ndizochidule:

Marichi 31, 1965:

Ndinasintha n'kuyamba kudya zosaphika mu November, 1963. Kuyambira nthawi imeneyo ndakhala ndikudya zosaphika ndinalibe konse mphindi ya kukaikira. Masiku amenewo ndinali kale ndi mbiri ya matenda a mtima kwa zaka zisanu ndi zinayi.

Koma ndiroleni ndiyambire pa chiyambi. Ndili ndi zaka zisanu ndi zitatu kapena zisanu ndi zinayi m'mbuyomu ndinali ndi vuto la rheumatism. Pambuyo pake pafupifupi kakhumi pachaka ndinkadwala matenda a laryngitis, chimfine ndi chimfine cha kufotokoza kulikonse, komwe nthawi zambiri kunkatenga masiku asanu ndi limodzi kapena khumi. Pang`onopang`ono aakulu tonsillitis anayamba. Ndili ndi zaka khumi ndi zinayi madokotala adapeza chotupa cha mitral valve mu mtima mwanga ndipo kenako adapeza rheumatic carditis. Pazaka khumi ndi zisanu adandichotsa matani anga. Nthawi zonse ndinkavutika ndi ululu wamtima kwa nthawi yaitali, neuritis, debility ndi kusowa tulo. Kugona kwakanthawi kochepa komwe kunatsatira maola ambiri akuzunzika kunapezeka ndi maloto owopsa. Pamene ndinadzuka usiku, ndinali kuchita mantha ndi mdimawo. Nthawi zonse, ndinkatha miyezi itatu kapena inayi pachaka ndili pabedi. Zinali movutikira kwambiri kuti ndikwere masitepe amodzi; Nthaŷi zonse sindinkayenda, kuchita masewera olimbitsa thupi, kusambira, kuyenda, kuwerenga, ndi zosangalatsa zina zambiri.

Nthawi zonse ndinkayang'aniridwa ndi madokotala. Iwo ankakonda 'kundichiritsa' ine mankhwala piramidi, aspirin, mankhwala, analgesics, vasodilators, soporifics ndi mankhwala ena ofanana. Thupi langa linapitirizabe kuchita zionetsero mu a

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modabwitsa motsutsana ndi izi ndipo mkhalidwe wanga unakula pang'onopang'ono. Pokhutitsidwa ndi kusagwira ntchito kwa mankhwala oterowo, ndinawaleka onse.

Chonde ndikhululukireni chifukwa choyika chidwi chanu mphindi ngati zotere zambiri. Zikuwoneka kwa ine kuti adzachita chidwi ndi inu, makamaka pamene kusintha kunachitika modabwitsa. Ndinasiya zakudya zophika popanda vuto lililonse. Zakudya zosaphika zinadzutsa mwa ine kumverera kosangalatsa kwa kuyeretsedwa kwa mkati ndi kupepuka. Pafupifupi usiku wonse mtima wanga unasiya kundidera nkhawa. Pomwe kale ndinkamva kuwawa m'dera la mtima osati kamodzi pa sabata, koma pafupifupi TSIKU LILINSE komanso kuti kwa MAola POTHA, m'chaka choyamba cha kudya kwanga kosaphika sindinagone kwa tsiku limodzi. , ndipo zowawa za mu mtima mwanga zinali zochepa kuchokera pa zowawa zisanu ndi chimodzi mpaka zisanu ndi zitatu za kamphindi kochepa chabe. Kwa chaka chimodzi ndi theka tsopano sindinakhalepo ndi vuto limodzi la chimfine kapena kuzizira. M'miyezi yoyambirira kwambiri mutu wanga UNATHETSA KWAMBIRI. Koma chozizwitsa chachikulu kwa ine chinali chakuti ndinayamba kugona mkati mwa Mphindi zochepa kuchokera pamene ndinagona. Mphamvu yanga yogwira ntchito inakula; kutayika kwanga kwakale, kupsinjika kwamanjenje ndi kukwiya zinatha.

M’nyengo yophukira ndinapanga ulendo wopita ku Armenia ndipo ndinagwira ntchito ku `Matenadaran’ (Manuscript Repository). Zinali zosangalatsa chotani nanga kuyenda makilomita 25 mpaka 30 patsiku m’mapiri ndiyeno n’kubwerera kunyumba ndili wokonzeka kotheratu kubwereza seÿerolo nthaÿi imodzi. Ndinakhala munthu waufulu, amene chilengedwe chinamvomereza pachifuwa chake. Ichi ndi chimwemwe chachikulu kwambiri, chimene ndiyeneranso kusonyeza kuyamikira kwanga kochokera pansi pamtima.

Moscow, 16th August, 1965. Thanzi langa likupitiriza kundipatsa chilichonse kukhutitsidwa, makamaka popeza thupi langa lapirira ziyeso zowopsa zamaganizidwe ndi manjenje (kuthamanga kwa magazi), komanso kutopa kwakukulu komwe kumakhalapo pamaulendo amapiri.

Posachedwapa ndimaliza chaka chachiwiri cha kudya kwanga kosaphika. Sindingaganizenso zosiya kudya zosaphika. Mafunso omwe ndakufunsani ndi oti muunikire basi ndipo sayenera kuyambitsa

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simukukayika konse za tsogolo langa. Koposa zonse, kwa ine mbali zakuthupi za funsoli ndizosafunika kwenikweni kuposa maziko auzimu, omwe nthawi zonse akhala olimba komanso osagwedezeka.

Olga Kerenskaya, 3Frounze St. Moscow.

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Popeza kuti mabuku anga sapezeka mosavuta ku Soviet Union, anthu okhutitsidwa kudya kwambiri kumeneko amamasulira chidule cha zofalitsa zanga m'Chirasha ndi kugaÿira makope obwereza kwa mabwenzi awo. Anthu ambiri ndiye amatengera zidulezo kwa wina ndi mzake. *Nayi gawo la kalata yaitali yolembedwa ndi mayi wina wachikulire wa ku Russia wokhala m'chigawo cha Moscow:*

Khimki , April 25, 1965.

Sindingathe kufotokoza kapena, m'malo mwake, sindingathe kupeza mawu oyenerera momwe ndingasonyezere kuthokoza kwanga kopanda malire kwa inu. Palibe mphotho m'dziko lino yokwanira kubwezera ntchito yanu yopatulika ya chipulumutso cha thupi ndi moyo wa anthu, 'KUDYA KWAKO KWAMBIRI'. Ndikugwada pamaso panu osati pamaso panu, komanso pamaso pa munthu amene wandibweretsera njira yamtengo wapatali ya thanzi, yomwe ili ndi ndime zingapo zotengedwa m'buku lanu. Ine ndekha sindinachite mwayi wowona buku lanu. Mnzanga - mphunzitsi wakale - sanazikopera m'buku lanu mwachindunji, koma kuchokera m'buku la bwenzi lake - yemwenso anali mphunzitsi, ndipo ndi dona uyu yemwe akukulemberani mizere iyi, chifukwa maso anga saona bwino. Nditha kuona ndi diso limodzi lokha komanso mothandizidwa ndi galasi lokulitsa, apo ayi ndikanakuthokozani kale kwambiri.

Ndinayamba chizolowezi changa pa 15 February ndipo kuyambira pamenepo sindinadye chakudya chophika, ngakhale mkate ... enanso.

Karpovna Maria Ivanovna, Fevralskaya St. 12, Khimca.

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***

Sundsvall, August 12, 1965.

Wokondedwa Bambo Hovannessian,

Azakhali anga ndi mwamuna wake, omwe onse ndi madokotala ku Yerevan, Danielian dzina lake, alembera kwa ine kuti apeza phindu lalikulu kuchokera ku malingaliro anu ndipo akundilimbikitsa mwachikondi kuti nditengere njira yanu ya zakudya ndi machiritso. Chifukwa chake, inenso ndingakonde kukufunsani ngati munganditumizire buku la ntchito yanu yakuti 'Raw-Eating', yomwe ndikukuthokozani pasadakhale.

Ndine dokotala wachikazi wochokera ku Istanbul. Kwa zaka ziwiri zapitazi ndakhala wakhala akugwira ntchito m'chipatala ku Sundsvall, Sweden. Ndichisangalalo chachikulu ndi kunyadira kuti ndidzaÿerenga bukhu lanu ndi malangizo anu, amene anthu ambiri apindula nawo kale."

Dr. Shabuh Sedikian, Länslasarette, Sundsvall, Suède.

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Moscow, November 19, 1966.

Wokondedwa Bambo Aterhov,

Ndine wokondwa modabwitsa ndi kumveka bwino komanso kuphweka kwa malingaliro anu. Kodi n'zothekadi kufotokoza za kupezedwa kwakukulu chonchi m'njira yosavuta? 'Oh munthu! Chilengedwe chapanga ndikukudyetsani inu ndi maselo anu ndi chakudya chosaphika. Malingana ngati simukudziÿa bwino kapangidwe kake ndi ntchito za maselo amenewo, musasokoneze ntchito yawo pogwiritsa ntchito zinthu zosiyanasiyana zosakhala zachilengedwe, zakupha.

Ine ndi mkazi wanga tonse ndife ophunzira omaliza maphunziro awo. Ndine dokotala ndipo iye ndi dokotala.

Timakondwera kwambiri ndi ntchito yanu ...

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Jermook, Marichi 6, 1966.

Tikuoneni, O wasayansi wa asayansi! Tikuoneni, O mphunzitsi wa anthu!

Ndine wothandizira dokotala ku Health Resort ya Jermook ku Armenia. Ndakhala ndikudya zosaphika kuyambira pa 4 Novembara, 1965, nditakhutira ndi buku lanu. Ndikutsimikiza kuti ndichiritsidwa ndi njira yomwe mumafalitsira. Kuyambira mu 1947 ndakhala ndikudwala nyamakazi, nyamakazi ndi matenda a mitsempha ya mtima. Chiyambire 1963 thanzi langa linali loipiraipirabe, chifukwa cha kutupa kwa impso, kumene ndinatha kupeza mpumulo pang'ono chabe mwa kudya mavwende.

Kuyambira tsiku lachisanu ndi chimodzi laiwisi kudya ndinamva kupweteka kwambiri m`malo olumikizirana mafupa anga, koma iwo anasiya kenako ... Pa zochitika zinachitikira kudya-yaiwisi sindinakhale ndi kutupa kwa mafupa omwe kale anali limodzi kuukira kulikonse kwa nyamakazi. Komanso sindinavutike ndi matenda a malungo ndi chimfine chomwe chinkawoneka ngati vuto la impso zanga likukulirakulira. Tsopano ndimasangalala kugona mokwanira ndipo kugunda kwanga kwatsika kuchokera 120-140 mpaka 90-
100 kumenyedwa pamphindi (pansi pa zovuta). Zowawa za mumtima mwanga zatha usiku, dandruff pamutu panga ndi thukuta kumapazi anga. Ndataya kale kulemera kwa makilogalamu asanu ndipo ululu wanga wa nyamakazi watha. Ndikumva bwino ndipo mphamvu zanga zikukulirakulira.

Mkazi wanga ndi mwana wanga wamwamuna wazaka zisanu ndi chimodzi nawonso ayamba kudya zosaphika. Ndidzalera mwana wanga wamwamuna wachitatu, wa mwezi umodzi, monga momwe unalera mwana wako wamkazi *Anahiti.*

Aphunzitsi anga okondedwa, ndakhala ndikugwira ntchito ngati wothandizira dokotala zaka khumi ndi zisanu ndi zitatu ndipo tsopano ndili ndi zaka makumi atatu ndi zisanu ndi ziwiri ndili pafupi kumaliza maphunziro a makalata ku Pedagogical Institute. Komabe ndi m'buku lanu kuti pamapeto pake ndapeza mayankho angapo

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mavuto omwe akhala akundivutitsa kwa nthawi yayitali - mayankho omwe sindinawapeze kwina kulikonse. "Limodzi mwa mavutowa ndi chifukwa chake makanda satha kuyenda ngati ana a nyama zina kuyambira tsiku loyamba la kubadwa kwawo. Tsopano ndikukhulupirira kuti chifukwa cha izi komanso zofooka zina zambiri zathupi za ana ziyenera kufufuzidwa muzophika. Zakudya zodyedwa ndi makolo awo ndi makolo awo.Ndikuona kwanga pambuyo pa mibadwo itatu kapena inayi ya odya zosaphika zonsezo zilema zonsezo zidzakhala zitathetsedwa.

Dr. Vachagan Gasparian, Jermuk, Armenia.

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Mlongo wanga wamkulu amakhala ku Yerevan. Nthawi zambiri ndimamutumizira maphukusi akuluakulu za mabuku, zomwe amapereka kwa odwala kwambiri kapena omwe amakhulupirira kuti amadya zosaphika. *Nazi zina zochepa zochokera m'makalata ake ambiri:*

"Wokondedwa wanga Arshavir, ndikudziwa kuti kalatayi ikupatsani chisangalalo chachikulu. Zakudya zosaphika zikupita patsogolo mwachangu ku Yerevan komanso m'zigawo zina. Palibe tsiku lomwe limadutsa popanda wina kundiyimbira kapena kudzandichezera. Amabwera kudzafuna malangizo kapena kupempha mabuku. Ndimapereka mabuku anu kwa iwo omwe akusowa kwenikweni. Pali anthu ambiri amene amafunikira mabuku ambiri, amene amadutsa m'manja n'kusanduka mabwinja. Ndikuda nkhawa kwambiri ndi chizolowezi chanu chotumizira mabuku aulere kwa onse omwe amafunsa. Kodi mungatani kuti mupirire ndalama zovutitsa chonchi?

Simungazindikire kuti ndi odwala angati omwe amachiritsidwa ndi kudya zosaphika, omwe amakuthokozani kwambiri. Anthu kuno onse ndi othandiza anthu ngati inu. Munthu akangochira, amayamba ntchito yochiritsa achibale ake odwala ndipo motero ena asanu kapena asanu ndi mmodzi achira matenda aakulu. Kenako amabwera kwa ine ndikundiuza zomwe adakumana nazo.
Anthu omwe sanathe kusuntha sitepe tsopano akutha kuyenda makilomita ambiri.

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M'modzi mwa odwalawo anali akudwala edema m'manja
ndi mapazi kwa zaka makumi awiri, ndipo kulemera kwake sikuchepera 115 kilogalamu.
Atayamba kudya zakudya zosaphika, anataya makilogalamu 10 m’masiku 20.
Mwana wake anati, ‘Atate wanga, amene poyamba sankatha kusuntha manja ndi
mapazi ake, tsopano akuyenda ngati kamwana. Amakudalitsa iwe ndi Anahiti nthawi zonse.
Wodwala wina anali kuvutika ndi kutupa kwa mawu ake, ndi pafupifupi kutaya
mawu ake. Panopa wachira pambuyo podya zakudya zosaphika kwa mwezi umodzi
ndi theka basi.
Apanso, mnyamata wina wazaka 28 anali ndi impso, zomwe zinatsagana ndi chimfine
cha thupi lonse. Mkhalidwe wake unali wovuta kwambiri kotero kuti chiyembekezo
chake chinali chitasiya kwa iye, koma tsopano ali bwino chifukwa cha kudya
zosaphika. Pali milandu yambiri yofananira kotero kuti ndizosatheka kulemba
zonse. Malinga ndi kuyerekezera kwawo, ku Yerevan kokha kuli anthu odya zosaphika
2,500, ambiri a iwo anali kudwala mwakayakaya, koma tsopano akusangalala ndi
thanzi langwiro. Anthu amachiritsidwa ku matenda a mtima, zilonda zamchere,
kuthamanga kwa magazi, zilonda zam'mimba, kutupa kwa impso, chiwindi ndi ndulu,
calculi ndi matenda ena ambiri oopsa.

Inenso ndinkadwala kwambiri. Ndinadwala matenda a kuthamanga kwa
magazi m’makutu ndipo ndinali ndi kutupa kwa chiwindi. Mphuno yanga inkatuluka
magazi kawiri kapena katatu patsiku, ndinkafooka ndipo ndinkagona kwambiri.
Mtima wanga unali woipa kwambiri moti usiku uliwonse ndinkadzifunsa ngati
ndionenso kuwala kwa masana. Koma tsopano ndimagona mofulumira kwambiri moti
sindimva kuti banja likupita kuntchito m’mawa. Inde, nthaŷi zina amada nkhaŷa
ndikadzuka mochedwa kwambiri, poganiza kuti mwina ndikudwala. Ndawonda
kwambiri ndipo ngakhale ndiyenda bwanji, sindikumva kutopa, zomwe zimadabwitsa
aliyense.

Odya zosaphika amakulitsa maunansi aubwenzi. Tsiku lina madzulo
ndinaitanidwa ku nyumba ya Akolose. *(Bambo Colozian ndi katswiri wojambula
zithunzi ku Yerevan. Nkhani ya banja lake ndi yosangalatsa kwambiri. Iye mwiniyo
anali ndi zilonda zam'mimba zosatha, zomwe zimatsagana ndi kutaya magazi.
Kukana kulandira mankhwala mu*

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kuchipatala, anasintha n'kuyamba kudya zosaphika ndipo anachira. Mkazi wake anali ndi matenda a mafangasi (blastomycosis). Pambuyo pa miyezi inayi akudya zosaphika misomali yake inayamba kukula ndipo chifuwa chake chinazimiririka. Mwana wawo wamkazi anakwatiwa, napereka mimba yake pakudya zosaphika ndipo anabala mwana wake popanda kukhetsa magazi, tsopano akulera mwana wake pa chakudya chambiri.)

Panali anthu makumi atatu ndi awiri odya zosaphika, kuphatikizapo awo banja la ana anayi. Ndimalephera kufotokoza kulandiridwa komwe ndinalandira kuchokera kwa iwo. Anali atakonza tebulo lokongola kwambiri, lodzaza ndi saladi zosaphika, mitundu isanu kapena isanu ndi umodzi ya tarts yaiwisi yokoma kwambiri, imodzi mwa izo anatcha Anahit, 'pilau' wapadera wa chimanga cha ku India chokongoletsedwa ndi zipatso zouma zoviikidwa m'madzi, ndi mitundu yonse ya zipatso ndi mtedza. Pamapeto pake anabweretsa chakudya chokoma cha tirigu wosakaniza, oats, walnuts, zoumba.

Alendo onse anali madokotala, ojambula zithunzi, oimba ndi aphunzitsi. Iwo analankhula zingapo. Pomaliza zidachitika kuti chinali chaka cha makumi atatu chaukwati wa Bambo ndi Akazi a Colozian.

Madokotala ambiri adya zosaphika. Dokotala wina wachinyamata ndi mkazi wake, yemwenso anali dokotala, anabwera kudzandiona kuchokera ku Health Resort ku Jermook. Anandiuza kuti anali ndi odwala makumi anayi mpaka makumi asanu patsiku, omwe amafunikira mabuku anu. Ananditsimikizira kuti anthu masauzande ambiri adzafuna mabuku anu. Dokotala wa ku Spitak anali atakamba nkhani yonena za kolera, ndipo pamapeto pake analankhula za kudya zosaphika ndipo analangiza omvera ake kupeza kope la bukhu lanu ndipo, ataliÿerenga mosamalitsa, kuti agwiritse ntchito malingaliro ake.

Dokotala wolemekezeka wa makumi asanu ndi limodzi mphambu anayi anabwera kwa ine kuchokera ku Kirovakan. Iye anandiuza kuti anali kudwala mwakayakaya, koma kuti, pamodzi ndi mkazi wake, iwo anatengera kudya zosaphika kwa chaka chapitacho ndipo zotsatira zake anali atachira. Anandiuzanso kuti Mtsogoleri wa Chair of Nutritional Hygiene ku Yerevan Institute of Medicine, Dr. A. Harootiunian, * anakamba nkhani ku Kirovakan pamaso pa madokotala, odwala ndiponso odya zosaphika. Pamapeto pa phunziro,

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funso lakudya zosaphika linali litabwera kuti tikambirane. Anthu ambiri odya zosaphika, omwe anali atagona m'zipatala kwa miyezi ingapo popanda chotulukapo chilichonse ndipo tsopano anachiritsidwa ndi kudya zosaphika, anafuna kuti zolemba zawo zachipatala zifufuzidwe ndi kufaniziridwa koyenera, kupangidwa ndi mkhalidwe wawo wamakono. Ankafunanso kudziwa chifukwa chake wokamba nkhaniyo anadzudzula poyera anthu odya zosaphika popanda kufufuza mfundo zoyenera. Mmodzi mwa odya zosaphikawo adayimiliranso ndikufunsa dokotala wa Kirovakan ngati amuzindikira. Atalandira yankho loipa, iye anapitiriza kuti: 'Ndine wodwala amene vuto lake munaliona kukhala lopanda chiyembekezo ndipo munatuluka m'chipatala chanu kuti mukafere kunyumba. Ndipo lero, chifukwa cha kudya kosaphika, ndili ndi thanzi labwino.' Dokotalayo anali atathedwa nzeru."

Siranoush Babakhanian, 33 Poushkini, Erevan.

**Bamboyu (Harootiunian) adayikapo kale nkhani mu a nyuzipepala yotchedwa "Communist"!! lofalitsidwa ku Yerevan (1964, No. 17l), momwe popanda kukana kwathunthu mapindu a kudya-yaiwisi! Anangogwiritsa ntchito pa matenda ochepa okha, ndipo panthawi imodzimodziyo adavomereza mapuloteni owopsa a nyama ndi mavitamini opangira. Pomaliza, anachenjeza owerenga ake kuti asadye zakudya zachilengedwe popanda malangizo a dokotala. Kuzinenazi ndapereka kale yankho lopweteka m'buku langa lachi Armenian lakuti "Along the Paths of Raw-eating".*

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Mayi uyu ndi apongozi ake a woimba wotchuka wa ku Armenia (Ofelia Hambardumyan), mayi wanzeru kwambiri yemwe wandilembera makalata khumi ndi atatu mpaka pano, nditchula ena mwa iwo motere:

Novembala 20, 1966:

Wokondedwa Bambo Hovannessian,

"Pafupifupi miyezi iÿiri yapitayo, ndinaÿerenga bukhu lanu lodya zosaphika, limene ndinabwereketsa kwa tsiku limodzi lokha, ndi chisangalalo, changu ndi kukoma, mawu ndi mawu, moti cholembera sichingathe kufotokoza. Ndinali wakhungu

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kuthamangira ku imfa, ndi chizindikiro cha thupi labodza cholumikizidwa pankhope yanga kwa zaka zambiri. Koma idazimiririka molawirira pakudya yaiwisi.

Ndinali ndisanamalizebe kuÿerenga bukhu lanu laluso, pamene ndinatumiza zakudya zonse zophikidwa ndi mabotolo amankhwala ndi makapisozi amene sanalekanitsidwe konse ndi ine ku mbiya ya zinyalala. Linali tsiku langa lobadwa la 61 pamene ndinalandira mphatso iyi kuchokera kwa inu ndipo ndinaganiza zokhala nyama yamasamba. Sindidzaiwala tsiku lino; Mutha kulingalira bwino zomwe zidasintha m'thupi langa lowonongeka. M'zaka zapitazi, chifukwa cha chitsenderezo cha matenda osiyanasiyana, ndinali ndi moyo wamavuto. Makamaka matenda a quater's suffocating ndi sciatica osapiririka adandibera tulo. Nditamasulidwa ku matenda ankhanzawo, ndinakhala munthu wokangalika, wamphamvu ndi wolimba mtima ndipo ndinkathamanga uku ndi uku ngati nswala tsiku lonse. Sindikupeza mawu othokoza; O nzeru zanzeru, mzanga wokondedwa ...

Chonde landirani moni wa mnzako wakutali yemwe amanyadira kuti ndi womaliza dzina ndi lofanana ndi lanu (Ter Hovannessian). Tsopano sindingathe kupirira momwe anthu amayika zinthu zapoizoni m'matupi awo? Ndimavutika ndikakumbukira momwe, chifukwa cha umbuli, ndimakonda kuitanira okondedwa anga kunyumba kwanga ndi kuwapatsa zinthu zophika ndi manja anga.

Ndisanadye yaiwisi mtima kugunda kwanga kunandidziwitsa za sitiroko, yomwe mwa lingaliro langa idawonedwa ngati imfa yosangalatsa komanso yosavuta, Koma tsopano ndikufuna kukhala ndi moyo kuti ndiwerenge ndi maso anga ndikumva ndi makutu anga kuti dzina la mchimwene wanga liri pa malirime a dziko lonse lapansi. Ntchito yako ndi yanzeru, chakudya chophika chiyenera kugwetsedwa, chigonjetso chidzafika kwa iwe.

Ogasiti 2, 1967:

"Tsopano wathanzi komanso wochita bwino, monga munthu weniweni, ndikutumiza iwe kalata yanga yachitatu. Zomverera za mu mtima mwanga ndi zambiri kotero kuti sindingathe kuzilemba papepala; Ndili ndi ngongole kwa inu Mpulumutsi wa anthu, O mbale wanga wokondedwa, kodi ndingatchule kuti mbale wanga?

Pamene sindinalandire yankho lochokera kwa inu la makalata anga aÿiri am'mbuyomo, ndinabwereka bukhu lanu lalikulu kwa anzanga ndi kulikopera lonse m'mabuku atatu ochindikala. Tsopano kope ili likusintha manja. Kenako ndinapeza kuti munatumiza mabuku ndi makalata, koma sanandipeze.

Apa, chiwerengero cha okhulupirira mu zamasamba zakutchire chikuchulukirachulukira tsiku ndi tsiku tsiku; Pakati pawo palinso madokotala. Ambiri a iwo amabwera kwa ine

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mafunso ena, Ine kulimbikitsa yaiwisi chakudya; Ndipanga mikate, halva, saladi ndi dolmeh yaiwisi ndikuziwonetsa kwa anthu, ndimasindikiza malangizo awo ndikugawa pakati pa anthu, ndikulemba dzina lanu pa makeke amphesa zoumba; Ndinagulira mlongo wako umodzi wa makeke amenewa. Analira, kundikumbatira nati, "Kuyambira lero ndife alongo awiri. Khomo la nyumba yanga ndi lotseguka kwa inu nthawi zonse." Anandipatsa voliyumu yachiwiri ya buku lanu.

Nthawi zambiri ndimakumana ndi mlongo wanu, kuwerenga makalata anu ndi zikalata, ndimayang'ana zithunzi, ndinayang'ana ndi chifundo chachikulu pa zithunzi za ana anu awiri omwe adawonongeka ndi zakudya "zolimbikitsa" ndi mankhwala "othandiza"; Aperekedwa nsembe, koma m'malo mwake lerolino zikwi za anthu akupulumutsidwa ku imfa zinazake ndi kutumiza moni m'chikumbukiro chawo. Anzeru akulu m'mbuyomu adasiya ntchito yawo yosamalizidwa chifukwa cha zakudya ndi mankhwala amtunduwu ndipo adawonongeka ... ndipo inu nokha mwawululula chinsinsi ichi. Lilime likhale losalankhula amene angayese kutsutsa mfundo izi.

Tsopano ndiroleni ine ndilankhule pang'ono za ine ndekha. Ndikuganiza kuti zingakhale zosangalatsa kuti mudziwe kuti ndinali wotani ndisanayambe kudya zosaphika komanso momwe ndiliri panopa. Ndinali ndi zaka khumi ndi zisanu ndi ziwiri pamene ndinali ndi ululu waukulu kumbali yakumanja ya msana wanga. Madokotala sanamvetse chomwe chimayambitsa ndipo zinangondipangitsa kuti ndisamasangalale ndi mankhwala ndi kutikita minofu. Pambuyo pa zaka zisanu ndi chimodzi, potsirizira pake ananditengera kuchipatala ndikufa. Zinapezeka kuti impso yanga yakumanja ili ndi miyala ndi mafinya. Pulofesa amene anandichita opaleshoni ya impso yanga anali munthu waluntha amene akanakhala kuti ali ndi moyo akanasainira ndi manja awiri zimene mwapeza; Anandiuza kuti madokotala adya theka la impso yanu chifukwa chakutikita minofu ndi mankhwala owopsa ndikuseka. Anandilamula kuti ndiiwale kudya nyama, mazira, pickles, madzi amchere ndi zakudya zamchere kwamuyaya ndikudya masamba ndi zipatso zambiri.

Ndinatsatira dongosolo ili kwa zaka ziwiri kapena zitatu, pamene ndinamva bwino, ndinayambanso kudya chirichonse. Pang'ono ndi pang'ono njala yanga inakula, ndipo kulemera kwanga kunakula tsiku ndi tsiku; Mofanana ndi ena, ndinaganiza kuti ichi chinali chizindikiro cha thanzi, koma zinakhala zosiyana. Choyamba, mutu waukulu unayamba, kenako miyendo yanga inatupa, ndipo ndili ndi zaka makumi anayi ndi zinayi, mano ochita kupanga adasinthidwa ndi mano achilengedwe. Kulemera kwa thupi langa kunafika ma kilogalamu makumi asanu ndi atatu ndi awiri; Kupuma movutikira, chifuwa chosatha, kugunda kwamtima komanso m'mimba wowawa zinandizungulira. Pambuyo pake, chotupa chinawonekera, chomwe

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Ndinazungulira khosi langa ngati dzira lolimba. Madokotala ankafuna kundipanga opareshoni, koma ndinakana. Kenaka, sciatica, arteriosclerosis, kuthamanga kwa magazi, zotupa, gout, ndi zina zotero zinali zitafooketsa thupi langa lonse moti sindinkatha kuyenda.

Chipinda changa chinali ngati pharmacy ya mapiritsi a aspirin, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit ndi poizoni wina, zomwe zinapanga theka la chakudya changa. Ndinakhumudwa kwambiri ndi madokotala ndipo chifukwa chakuti aliyense ananena kuti zizindikiro zimenezi n'zogwirizana ndi ukalamba, ndinaganiza kuti mapeto a moyo wanga afika. Ndinatopa ndi dziko lino ndipo ndimangolakalaka kuti sitiroko yosavuta ithetse manyaziwa. Sizinandichitikirepo kuti chozizwitsa chingawonekere ndikundipulumutsa ku maloto owopsa awa. Koma izi zimagwirizanitsidwa. Tsopano ma kilogalamu khumi ndi asanu ndi awiri a satana wasowa (wolemba kalatayo amaiwala kuti thupi lake loyambirira lapeza makilogalamu khumi ndi asanu ndi awiri a maselo atsopano ndi athanzi panthawiyi yaiwisi yakudya, ndiye kuti, mdierekezi sanali kilos khumi ndi zisanu ndi ziwiri, koma ma kilogalamu makumi atatu ndi anayi ndipo mwinamwake kuposapo) ndipo ndimayenda kuchokera kumalekezero ena a mzinda kupita kumalekezero ena a mzindawo ndi kulemera kwenikweni kwa kilogalamu makumi asanu ndi limodzi mphambu zinayi ndikukwera masitepe 132 a fakitale ya cognac ndi katundu wolemera kwa mwana wamkazi wa mlongo wanga amene ali m'chipatala kumeneko ndi chifukwa antchito. ndipo madotolo akumeneko amandidziwa bwino lomwe za vuto langa lakale, akudabwa.

Makamaka akamanditenga kuthamanga kwa magazi ndikuwona khumi ndi atatu m'malo mwa khumi ndi zisanu ndi zinayi. Izi zidzawapangitsa kusintha maganizo awo ndipo kwenikweni choonadi chimapambana. Ndimapanga chakudya chokoma chanyama chanyama m'nyumba mwanga ndikupita nacho kwa iwo, amadya ndipo ndimati: "Hovannessian amatumiza mabuku ake kudziko lonse kwaulere. Ndimachitiranso anthu ndi zakudya zosaphika, idyani monga momwe mukufunira." Ndakhala mu chisangalalochi kwa miyezi khumi tsopano...

Ndikufuna kunena mawu ochepa okhudza detox yanga. Kupweteka kwa matenda anga kunali kwakukulu kwambiri kotero kuti sindinamvepo zoyamba za detoxification, kokha pamene ndinadya kwambiri, ndipamenenso sindinathe kukwanira. Chiphuphu chofiira chinawonekera kumanzere kwa thupi langa, chomwe chinalinso chowawa, koma posakhalitsa chinathetsedwa. Khungu langa linawuma mmalo ena, linayabwa, linayamba kuchita dandruff ndipo linkachita bwino; Mtundu wa mkodzo wanga nthawi zina unali wofiira kwambiri ndipo nthawi zina woyera ndi wandiweyani, koma tsopano ukuoneka bwino ngati madzi. Ndinali ndi mutu pang'ono wopweteka kwambiri womwe unayamba kukhala bwino paokha. Kuyambira tsiku loyamba la chakudya chosaphika, ndinayiwala kuti padziko lapansi pali mankhwala. Sindingakhulupirire

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Tsitsi langa loyera layamba imvi tsopano ndipo likuyambanso mtundu wake wakale.

Kalata Nambala 12 - May 7, 1971

"Ndili ndi nkhani zambiri zomwe sindikudziwa kuti ndiyambire pati komanso ndilekere pati. Tsiku lina nditapita kuchipatala kukagwira ntchito za utsogoleri, ndidawona dokotala wachikazi atanyamula buku lanu m'manja, atasonkhanitsa madotolo ena angapo mozungulira. ndi kufotokoza mwachidwi mmene mlamu wake anapulumutsidwa ku matenda aakulu a impso ndi nyama yaiwisi. t know me.Nditayang'ana bukhulo ndinawona kuti linali photocopy la buku lomwelo lomwe ndidasaina ndikuwapatsa anthu.Popeza bukhu lanulo ndi lasoweka, lizijambulidwa kuti anthu ambiri agwiritse ntchito. adotolo anandizindikira, anandipempha kuti ndipite kukaonana ndi wodwala tsiku lina ndinapita tsiku limene tinakonza.

Wodwala wakale wotchedwa Ozonian, yemwe tsopano ali ndi thanzi labwino, adakonza phwando lalikulu; Iye ndi dokotala wa zinyama, mkazi wake ndi dokotala, mchimwene wake ndi pulofesa wa ku yunivesite, mkazi wake ndi dokotala, atolankhani angapo ndi odya zakudya zatsopano omwe anasonkhana pamodzi. Dr. Abajian wochokera ku Kirovakan, adalowa ndi otsatira angapo atsopano omwe amadya zosaphika.

Ozonian analemba kalata ku adiresi yanu yakale chaka chapitacho pamene anali kudwala kwambiri, koma ndikuganiza kuti sichinafike kwa inu. Kalata iyi ndi yosangalatsa komanso yamtengo wapatali moti ndikuikopera ndikukutumizirani. Monga momwe mukuonera m'kalatayo, iye anadwala kwambiri chaka chapitacho kotero kuti anakhumudwa naye, koma tsopano akugwira ntchito yake ali ndi thanzi labwino;

Kalata ya ozoni:

ÿ *"Sindikudziwa kuti ndinganene m'chiyankhulo chanji kudabwa ndi ulemu wanga kwa iwe yemwe ndi wothandiza kwambiri komanso wasayansi wamkulu wazaka zino. Ngakhale chifukwa cha matenda a impso, ndafooka kwambiri moti sindingathe kulemba. mau pang'ono ngakhale kwa abale anga apamtima koma ndikulemberani ndi chimwemwe chonse ndiwe munthu wekha pa dziko lonse lapansi amene ndingamulembere koma sindingathe kulemba.M'bale wanga anabweretsa bukhu lako ndikulimbikira kuti Ndinaliwerenga, ndinakhala pabedi kuti ndisamukhumudwitse ndipo monyinyirika ndinayamba kuwerenga buku lomwe linang'ambika chifukwa chowerenga kwambiri; Koma sindinasiye buku lodabwitsali,*

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chifukwa chilankhulidwe chake chakuthwa ndi chokomera mtima, komanso malingaliro anu akuya ndi achitsulo, adasangalatsa moyo wanga wonse. Inali imfa yomvetsa chisoni ya ana awa imene inakutumizani ku zosungira zobisika za nyanja ya sayansi kufunafuna chowonadi. Chisoni chachikulu chinakupangitsani kukhala dzuwa la biology. Pachifukwa ichi, umunthu uli ndi ngongole kwa ana anu awiri ndipo mayina awo adzakhalabe m'chikumbukiro cha amitundu. Nditawerenga bukhu lanu, nthawi yomweyo ndinapita yaiwisi ndipo osadikira zotsatira za machiritso, ndikuwonetsa kuyamikira kwanga. Chifukwa ndidatsimikizadi zonena zako; Chifukwa ndine dotolo wazanyama ndipo ndimadziwa bwino za biology, ndimatha kumvetsetsa kukula kwa mawu anu. Malingaliro onse a sayansi ya zamoyo, amene anali atazika mizu muubongo wanga kwa zaka zambiri, anasintha tsiku limodzi. Ndikukhulupirira kuti tsogolo lanu lidzagwada pamaso pa ukulu wanu, chifukwa palibe chodziwika bwino chomwe chinabisika. Ndili ndi zaka 40. Ndili ndi matenda a nephritis aakulu, matenda anga ndi ovuta kwambiri. Nayitrogeni wamagazi anga ndi 65-90 ndipo samatsika.

Kugona pabedi, ndikungopumira chifukwa cha inu, ndikutsimikiza ndikhala bwino. Ndidzakhala ndi mangawa kwa amayi anga chifukwa chondibereka komanso kukhala ndi ngongole kwa inu chifukwa cha kupitiriza kwa moyo wanga mpaka kalekale. ”

Nkhani ina yosangalatsa: m'modzi mwa atolankhani a "Science & Life" magazini adabwera ku Yerevan kuchokera ku Moscow kukachita kafukufuku pakukula kwa zamoyo.

Madotolo angapo komanso anthu odziwa kudya zosaphika adasonkhana mnyumba ya mtolankhani wodya zophika ndipo adalemba lipoti. Adandifunafuna, ndipo pa Novembara 15, 1971, kalata nambala 13 (ndinalemba kalata yatsatanetsatane kwa mkonzi wa nyuzipepala ya "Avangard") zikuwoneka kuti idakhudza, chifukwa adandidziwitsidwa pafoni kuti katswiri wamatenda am'mimba. System, Pulofesa Jivan Shmavonyan , ankafuna kukumana nane ndi anthu ena odya zosaphika. Ndikanatani koma kuchita phwando la anthu odya zosaphika. Masiku angapo phwando lisanachitike, ndinachoka ku ofesi ndipo popanda manyazi, ndinayesa kukonza tebulo lomwe likanakhala latsopano kwa odya amoyo.

Mkate waiwisi, mabisiketi, basaq, komanso jamu wobiriwira wopangidwa kuchokera kumasamba amaluwa, njere za makangaza, ngakhale kuchokera ku mtedza wobiriwira womwe ndimapanga chaka chilichonse kumapeto kwa masika, komanso ndi saladi zosiyanasiyana, ndidakongoletsa.

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magome atatu aakulu kwambiri moti n'zovuta kunena. Kwa nthawi ndithu, palibe amene anayerekeza kukhudza makeke atatu aakulu amene dzina lanu limawala. Pomaliza, ndinaidula ndikuisewera. Gome adabuula chifukwa cha kulemera kwa zipatso ndi madzi a zipatso!

Mlongo wa Aterhov (Siranush BabaKhanian) akuwoneka pakati, kumanzere kwake ndi pulofesa ***Shmavonyan,*** *ndipo Haikanush Ter Hovannessian waima kumbuyo kwake.*

Msonkhano unakonzedwa pa October 24, 1971 nthawi ya 16:00. Maola awiri patsogolo, ndinatumiza mlongo wako kuti obwera koyamba agwirena naye chanza ngati woimira wako. Choyamba, olemekezeka professor adalowa ndikundigwira chanza ndi manja ake onse ndikumwetulira ndipo adakumana ndi mlongo wanu mwaulemu waukulu. Mu mphindi ina, onse yaiwisi odya alendo anali madokotala, mapulofesa yunivesite, atolankhani, aphunzitsi, etc., pafupifupi anthu makumi anayi ndi asanu analowa kamodzi. Ndinadabwa kwambiri, nthawi yomweyo Dr. Abajian anafika m'galimoto yake ndi amayi anayi agile ndi ansangala ochokera ku Kirovakan; Poyamba adalankhula za matenda ake ndikutumiza chiyamiko chake kwa inu chifukwa chochotsa matendawo ndikukufunirani zabwino komanso thanzi lanu.

Kenako onse odya zamoyo anakamba nkhani imodzi pambuyo pa inzake ndi kufotokoza mwatsatanetsatane za matenda akale ndi thanzi lamakono. Pulofesayo anali atakhala phee, akumvetsera mwatcheru ndikulemba notsi m'kope lake. Alendo ambiri sanamudziwe pomwe adayimilira ndikudziwonetsa atamaliza malipoti a odya aja.

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aliyense anakhala ndi kuyamba kumvetsera mwakachetechete. Anayamba kulankhula pang'onopang'ono zolinga zake ndi zolinga zake.

Mmodzi mwa aphunzitsi aku yunivesiteyo akuwerenga kalata ya Hovannessian. Dr. Abajian wakhala kumanzere kwake.

Iye anati: "Hovannessian wachitadi ntchito yaikulu zimasonyeza kuti asayansi otchuka kwambiri anachokera kwa anthu wamba; Ngakhale Hovannessian si dokotala, koma ndi kupeza kwake, iye waima pamwamba pa madokotala ndipo ali ndi ufulu kukhala wasayansi. Ngakhale ali ndi adani, koma zoona zake n'zakuti amapambana. Nonse inu mwanena, ogwidwa, koma mawu awa akhala ndi inu. Muyenera kulinganiza chiwerengero cha anthu, kulemba ziwerengero za onse odya amoyo, kudziwa matenda omwe anali nawo m'mbuyomu komanso mmene alili panopa, komanso kutipatsa zikalata zimenezi." Malinga ndi zimene ananena, komiti ya anthu 15 inasankhidwa. ndipo dzina langa linalembedwanso mmenemo." Tinaganiza zopanga msonkhano wotero kamodzi pa miyezi itatu iliyonse.

Pulofesayo ananena kuti anaganiza zokhazikitsa malo ochitirako malo ochitirako zachiwembu, panalinso nkhani zokhazikitsa malo odyera odyetserako nyama zosaphika. Pomaliza, ndi pempho la pulofesa, ndidapereka mafotokopi a makalata anu, a kalata yochokera ku boma la India, ya

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kalata yomwe ndinalembera "Avangard", ndi kalata ya Ozonian ndi Makarian. Anadya saladi ndi mbale zina mosangalala kwambiri ndipo anafunsa momwe angakonzekerere. Ndinagawira makope khumi a mafomu a saladi amene ndinali nawo kwa alendo. Ili si limodzi mwamabaibulo omwe ndinakutumizirani, ili ndi latsopano komanso lathunthu.

Msonkhanowo unachitika kuyambira 16:00 mpaka 21:00. Pochoka, proffecor anapereka imodzi ya makadi ake kwa ine ndi ina kwa Siranoush natipempha kuti tizilankhulana naye nthaÿi zonse. Iye anauza Siranoush kuti: “Ndikufunadi kuonana ndi m’bale wakoyo, kuti tikambirane ndi kukonzekera pamodzi ndondomeko yogwira mtima yoti mukafike kumene mukupitako posachedwapa. N’kovuta kupeza chilolezo chopita kunja; kukonzekera kuyitanira"

Adiresi ya Pulofesa: **Jivan Mambre Shmavonyan , Papazian No. 17, Yerevan.”**

Haikanoush Ter Hovannessian, 10 Alaverdian St. Erevan.

Kalata yochokera ku boma la India:

Indian Information Service - TS Kanwar

Tehran, Januware 4, 1971, kazembe wa India. wothandizana nawo atolankhani

"Monga tadziwitsidwa, mwasindikiza buku lomwe lili ndi mutu wakuti "Raw-eating". Mutha kudziwitsa kuti boma la India lasankha komiti yopanga zisankho za Nature Cure, yomwe imachita maphunziro okhudzana ndi kupita patsogolo ndi chitukuko cha Nature Cure.
Bukhu lanu laperekedwa ku komiti iyi, yomwe imalizindikira ndipo ikuganiza kuti ingakhale ntchito yabwino. Choncho, Unduna wa Zaumoyo ndi Kulera ku India ukuganiza zogulitsa buku lalikululi motchipa (marupe asanu okha) kuti ligawidwe. Sangapindule ndi kugulitsa bukuli.

Tingakhale othokoza kwambiri ngati mutapereka chilolezo boma la India kuti lifalitse bukhuli mu Chingerezi ndi zilankhulo zina khumi ndi ziwiri zakumaloko.

Komanso, chonde tidziwitseni ngati bukuli lasinthidwa kuyambira pomwe Chithunzi cha 1967. Kapena mukufuna kusintha posachedwa?

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Choncho, tidzakhala oyamikira ngati titapatsidwa chilolezo choti tisindikize bukuli ku India."

TS Kanwar.

Ndilo bungwe lazaumoyo lomwe likugwira ntchito kwambiri ku India, lomwe linakhazikitsidwa mu 1964 ndi Mahatma Gandhi. Nthawi zonse amagawira mabuku anga ndi nkhani zanga ku India. Unduna wa Zaumoyo ku India wadziwitsidwa za buku langa ndi bungweli. Nazi zina mwamakalata omwe mkulu wa bungwelo anandilembera:

"Ndinaÿerenga za inu zaka zisanu zapitazo m'magazini ya British Vegetarian Magazine, imene sindinailabadire kwambiri ndipo ndinali nditaiÿala pang'ono; Kungoyambira nthawi imeneyo, ndakhala ndikuyesera kukulumikizani ndikuyitanitsa buku, koma ndingapeze bwanji adilesi yanu? Sukuluyi inakhazikitsidwa ndi Gandhi ndipo ndinali ndi mwayi wogwira ntchito kumeneko kwa zaka khumi pazaka zomaliza za moyo wake.

NATURE CURE CENTRE, Uruli- Kanchan, India

Purezidenti wa Israel Vegan Society, mkonzi wamkulu wa "Nature and Magazini ya Health":

"Zikomo kwambiri chifukwa cha mauthenga anu omwe mwatumiza. Timayesetsa kuwatenga kwa iwo omwe akufuna kuzigwiritsa ntchito kwambiri. Tagulitsa mabuku anu zana limodzi mpaka pano; M'dziko laling'ono limene anthu ambiri sadziwa Chingelezi, kugulitsa mabuku ambiri n'kopambanadi. Ndikukutumizirani chivundikiro cha magazini "Nature and Health" (TEVA UBRIUT), momwe chithunzi chokongola cha Anahit wazaka zisanu ndi chimodzi chimasindikizidwanso. Tsopano ndikukonzekera nkhani yoti ndisindikize ndi chithunzi cha Anahit wazaka khumi ndi ziwiri.

Jaacov Grabois, 10 Hateyna St. Nevey Oz. Israeli

Dokotala uyu ndi pulezidenti wa British Vegetarian Society, yemwe ali ndi mchitidwe ku London, ndipo nditawerenga buku langa, iye anali

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kukhutiritsidwa ndikupereka adilesi yanga kwa odwala ake ndikumupatsa buku lodyera laiwisi. Kalata yotsatirayi ikutsimikizira izi:

"Ndawerenga bukhu lanu lonena za chakudya chaiwisi. Dr. Lato adandilembera chakudya chambiri kuti ndichiritse khansa yanga, adandipatsa adilesi yanu kuti nditha kuyitanitsa bukhulo. Nditumiza madola khumi pakalata ndipo chonde nditumizireni mabuku atatu. ndi nkhani zisanu. "

Akazi Campbell Moodie, 31 Linden Garden, London, W. 2

Mayi VERA STANLEY ALDER:

"Wokondedwa bwenzi laulemerero, ndinawerenga buku lanu mosamala kawiri ndipo ndinamva choncho bukuli lidzabweretsa nyengo yatsopano kwa anthu. Ndikofunikira kwambiri kuyika bukhuli pamaso pa anthu kuti potsiriza pakhale kugwedezeka kwakukulu padziko lapansi. Ndinu katswiri amene munatha kuzindikira chowonadi chosavuta komanso changwiro ndikuchifotokozera molondola kuposa akatswiri onse a zakudya omwe mabuku awo ndawawerenga mpaka pano.

Kwa zaka zambiri, ndakhala ndikutsindika kwa anthu kuti munthu ndi chipatso ndipo umu ndi momwe mavuto adziko lapansi adzathetsedwera ndi dziko lagolide. Mawu anu ("osaphika") amachotsa zifukwa zonse, miyeso, ma moderation, ndi dongosolo losavuta komanso lofunikira. Mudzachotsa ziwerengero ndi zina zomwe zafotokozedwa mpaka pano, ndipo m'malo mwawo mudzapatsa anthu thanzi labwino ndi chisangalalo.
Kupeza kwanu, monga kutulukira kwa magetsi, ndi ntchito ya katswiri, ndipo mwina anthu omwe amakumvetsetsani ndi anzeru.

Ndidzachita chilichonse kuti buku lanu likhale lodziwika; Panopa ndikusintha buku, ndikulemba buku lina ndikupereka maphunziro. Masiku ndi afupiafupi kuchita zimenezi. Tsopano mkhalidwe wa dziko ndi wovuta, koma ine ndi mwamuna wanga tikulimbikitsidwa, ponena za kudziÿa kuti inu ndi ntchito yanu ndi chipambano chanu mudakali m'dziko lino. Chonde vomerezani kuti tili pafupi kwambiri ndi inu.

Ndikukutumizirani limodzi la mabuku anga. "Takhala osadya nyama kwa zaka zambiri, sitisuta kapena kumwa mowa, ndipo tsopano ine ndi mwamuna wanga tikugwiritsa ntchito njira yanu."

"WORLD UNION FELLOWSHIP" 8 First Avenue, London.

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CHOFUNIKA KWA UMOYO» Osindikiza Malamulo a Zaumoyo ndi Moyo Wapamwamba:

Epulo 29, 1968:

"Ndalandira bukhu lanu. Sindimapeza kokha bukuli kukhala labwino kwambiri, koma zimagwirizana bwino ndi malingaliro, zochita, ndi zolemba zanga. Tsopano tikusindikiza magazini yotchedwa "KUFUNIKA KWA UMOYO". Kuwonjezera pa kufalitsidwa kwa magazini ino ndi mabuku anga aumwini, ndikufuna kugulitsa mabuku akunja amene amasonyeza anthu njira yoyenera. Pazifukwa izi, ndikutsimikiza kuti buku lanu liyenera kuphatikizidwa m'mabuku anga, ndiye chonde ndidziwitseni za zochotserako."

Meyi 24, 1968:

"Ndine wokondwa kukutumizirani cheke cha $82.5 cha mabuku 50 a zakudya zosaphika. Ngati mukufuna kutipatsa ufulu wosindikiza bukuli, tidzalilandira mosangalala. Tili ndi zida zonse zolisindikiza."

Box 2821, Durban, South Africa.

DAULAT RAM PUBLIC MISSION:

“Mudzadabwa kulandira kalatayi; Ndikhulupirireni, nditawona bukhu lanu, mamembala onse a bungwe la oyang’anira bungweli sanakhudzidwe kwambiri, komanso anali otsimikiza kotheratu kuti kudzera m’zakudya zosaphika zokha anthu angapulumutsidwe. matenda onse dera lathu ndi bungwe la zachifundo taganiza zoti tigwiritse ntchito za raw food movement ku India ngati mutilora kusindikiza bukhu lanu mu chingerezi ndi zilankhulo zakumaloko tidzagawira makope 10 thousand kwaulere. funsaninso a Unduna wa Zaumoyo kuti nawonso alingalire nkhaniyi muzochita zawo.Tidaganiza zotsimikiziranso zowona mzipatala.

Tikudziwa kuti filosofi yanu ili ndi adani ake malinga ndi zofuna zaumwini, koma m'dziko ngati India, kumene anthu ambiri ndi osauka ndi anjala, chakudya chosaphika chidzapeza malo abwino ndipo chidzachititsa mamiliyoni a anthu omwe chifukwa cha chakudya chophika ndi zizolowezi ndi miyambo yolakwika amavutika, pulumutsidwa. "Kenako, pamene buku lanu liri

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lofalitsidwa ndipo zotsatira zake zatheka, tikutumizani kukuitana kuti mubwere ku India ndi banja lanu kuti mudzaone zotsatira zake ndi maso anu. "

Krishan Mohan, Wachiwiri kwa Pres. 17-B, Asaf Ali Rd. NewDeli

Nditalandira kalatayo kuchokera ku ofesi ya kazembe wa India, ndinaganiza zoyesanso kudziwitsa akuluakulu a dziko lathu za kupambana kumeneku. Choyamba, ndinalemba kalata yotsatira kwa MohamadReza Shah Pahlavi, yophatikiza mabuku a Chiperisi, Chingelezi ndi Chiameniya ku Imperial Office.
Kalatayo:

"Ndili wonyadira kukubweretserani nkhani zosangalatsa kwambiri zomwe zingakhale zovuta kuziganizira poyamba.

Chifukwa cha zaka makumi atatu za khama, maphunziro, kafukufuku ndi zochitika, lero zatsimikiziridwa motsimikizika kuti zomwe zimayambitsa matenda onse zimayamba chifukwa cha kudya zakudya zophika, mankhwala ndi zinthu zina zakufa zomwe anthu amaziika mosadziwa m'matupi awo. Ndinatsimikiza za izi pamene ndinataya ana anga awiri okondedwa, mmodzi ali ndi zaka khumi ndi winayo ali ndi zaka khumi ndi zinayi, chifukwa cha mankhwala "ogwira mtima" ndi zakudya "zolimbikitsa" za madokotala otchuka. Bukhu latsatanetsatane limene ndinalemba m'Chiameniya linasindikizidwa ndi kufalitsidwa mu 1960, ndiye kuti ndidziÿitse akazi/amuna anzanga a ku Perisiya mu 1963, ndinafalitsa kwa kanthaÿi kakabuku ka Chiperisi, kope lake lomwe ndinapereka panthaÿi imodzimodziyo. Buku lotchulidwalo linazindikiridwa ndi Bambo Pahlbod, Mtumiki wa Chikhalidwe ndi Zojambula. Anandiyitana ndipo patatha misonkhano ingapo anandidziwitsa kwa Dr.

Abbas Nafisi, Secretary General of Red Lion and Sun. Bambo Dr. Abbas Nafisi ndi Dr. Abolqasem Nafisi, mkulu wa chipatala cha Khaje Nouri Maternity Hospital, anakonda malingaliro anga ndi malingaliro anga ndipo analonjeza mitundu yonse ya chithandizo ndi mgwirizano; Pofuna kufufuza koyambirira pazakudya zosaphika, adandidziwitsa ku Nyumba ya Ana amasiye ya Nemooneh ndi Nambala Yoyamba ndi Chipatala cha Ana cha Bahrami. Tsoka ilo, ndinakumana ndi zovuta kumeneko, chifukwa kunali koyenera kulekanitsa madokotala ndi antchito ena ku malingaliro olakwika akale ndikudziwiratu malingaliro awo ndi malingaliro atsopano, chifukwa chake, chifukwa cha kuchedwetsa ntchitoyo, khama langa linakhalabe lopanda phindu ndipo ndinasiya kwakanthawi kufunafuna ntchito. nkhani. Inde, ndi zazikulu

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ndinamva chisoni, makamaka popeza ndinaona zotsatirapo zoipa za kudya kwawo kolakwika.

Kwenikweni, olamulira a mabungwe otchulidwawo komanso madokotala onse sanamvere zotsatira zenizeni za chakudya chakufa ndikudyetsa chakudya chophika komanso chosafunikira kwa odwala onse, monga malo odyera, omwe amachititsa matenda 100%. Pambuyo pa kusowa kwa chipambano m'dziko langa, ndinaganiza zofotokozera malingaliro anga kwa asayansi a mayiko akunja, kotero kuti mwinamwake mwa njira iyi ndingapeze umboni wovomerezeka ndi wosatsutsika kuti ndikwaniritse ndondomeko yanga kudziko lakwathu. Tsopano popeza nthawi yafika, ndikuwona kuti ndi udindo wanga wopatulika kuti ndikufotokozereni chidziwitso chofunikira ichi kwa inu omwe mwawonetsa cholinga chanu kudziko lapansi ndi kusintha koyera *kwa shah ndi anthu.*

Buku langa lachingerezi linasindikizidwa koyamba ndi kusindikizidwa mu 1963, ndipo lagulitsidwa. Kenako, mu 1965, ndinafalitsa buku lachiŷiri m’chinenero cha Chiameniya ndipo patapita zaka ziŷiri ndinatembenuza buku lomwelo m’chinenero cha Chingelezi, limene ndatumiza nalo lililonse kwa inu. Ndinatumiza mabuku masauzande khumi a mabukuwa ndi timapepala taulere pafupifupi theka la milioni kwa ndale za mayiko akunja, ku nyuzipepala, mabungwe, mayunivesite, ndi zina zotero ndi njira zanga ndi chuma changa. Chaka chinonso, ndinasindikiza timapepala zikwi khumi m’chinenero cha Chiameniya kuti ndipatse anthu kwaulere. Chotsatira cha zochitikazi chinali chakuti lero m'mayiko a dziko lapansi, makamaka ku America, India ndi Armenia, pali anthu masauzande ambiri omwe ali Raw-Vegan, ambiri mwa iwo anali odwala omwe anakhumudwa ndi madokotala, ndipo tsopano. amapitirizabe kukhala ndi thanzi labwino. Ndimalandira makalata masauzande ambiri othokoza kuchokera kwa iwo. Pafupifupi ma vegans onse ndi madotolo a naturopathic ndi mabungwe ena azaumoyo omwe akupita patsogolo amafalitsa mabuku anga ndi timapepala ndikuyamba malonda ochuluka okhudza zanyama zosaphika; Amafalitsa zolengeza zanga m'manyuzipepala awo, amamanga zipatala za veganism yaiwisi. Ku Mexico, nyumba ya ana amasiye yaiwisi yazakudya imakhazikitsidwa. Bukhu langa likumasuliridwa mu Chisipanishi ku Argentina ndi Chihindi ku Delhi ndipo panopa likusindikizidwa. Bungwe la BBC linapereka bukhu langa pa TV ndikuwerenga mbali zake kwa anthu; Madokotala a Philanthropic ku Europe, America, ndi zina zambiri amapereka adilesi yanga kwa odwala "osachiritsika" ndikupangira kuwerenga

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buku lakuda. Akatswiri a zamoyo ku Yerevan Academy amateteza ndi kuchirikiza malingaliro anga m'magazini ya mwezi uliwonse "Science & Technics".

Popeza buku langa lalikulu mu Armenian linasindikizidwa zaka khumi zapitazo, ndi chiwerengero cha odya zosaphika ku Yerevan chinawonjezeka. Amakhazikitsa ubale wina ndi mnzake ndikukonza maphwando ndi zikondwerero zochokera kukudya kosaphika. Madokotala ambiri amawonedwanso pakati pa odya zakudya zosaphika izi; Mtsogoleri ndi pulofesa wa dipatimenti yazakudya ku yunivesite ya Yerevan amakonza zokambirana za zakudya zosaphika, ndipo pamisonkhanoyi, anthu omwe apulumutsidwa ku matenda oopsa amapereka malipoti awo.

Mwachitsanzo, dokotala wamkazi amene anadwala ziwalo ndipo anali osatha kusuntha kwa zaka zinayi, anaimirira pambuyo pa miyezi khumi ndi inayi akudya zosaphika ndipo tsopano ali ndi thanzi labwino. Chitsanzo china chochititsa chidwi: mmodzi wa achibale anga, mnyamata wazaka makumi awiri mphambu zisanu ndi zitatu, anali kudwala kufooka kwa mitsempha ndipo sankatha kusuntha manja ndi miyendo yake; Iye sanalabadire malangizo anga aulere, anapita ku Ulaya katatu ndipo anawononga ma rial oposa miliyoni imodzi kufikira potsirizira pake analandira bukhu lakudya zosaphika mu Lausanne kuchokera kwa dokotala wotchuka wa minyewa amene anaÿerenga bukhu langa ndi kudziÿa chowonadi. Anabwerera ku Tehran.

Pali zikwi zamakalata ofanana mufayilo yoyenera ndi I

ndine wokonzeka kuzipereka kwa munthu aliyense woikidwa . Kupatula apo, kupambana kwakukulu komwe kwabwera kwa ine posachedwa ndikuti boma la India lavomereza kuti buku langa ndi lothandiza ndipo laganiza zolisindikiza ndikupangira kuti liwerengedwe kwa anthu aku India kuti athe kutsatira malangizo a bukhuli. . ndi kupulumutsidwa ku matenda, umphawi ndi njala.

Today izo ndithudi zatsimikiziridwa kuti amene kupewa mowa zakudya zophikidwa, mankhwala akupha ndi zinthu zina zakufa zilibe matenda onse, kaya opepuka kapena olemera, monga matenda a mtima, khansa, shuga, matenda opatsirana, chimfine. etc amapulumutsidwa. Zolemba zomwe zilipo zimatsimikizira bwino kuti pamene zipatala zatsopano zimatsegulidwa, chiwerengero cha odwala chikuwonjezeka molingana; Chifukwa zipatala, malo ogulitsa mankhwala ndi khitchini ndizomwe zimayambitsa matenda; Chifukwa chake, palibe chifukwa chomanga zipatala zatsopano, koma zinthu ziyenera kupangidwa kuti zipatala zisiyidwe popanda odwala ndikutsekedwa chimodzi ndi chimodzi, ndipo

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vutoli limangosintha momwe anthu amadyera. Mosiyana ndi zimene anthu ena amaganiza, n'zosavuta kuchita zimenezi.

Monga momwe boma la India lasankha, choyamba, ndikofunikira kulangiza dzikoli kuti liwerenge buku la zakudya zosaphika ndipo kachiwiri, ziyenera kulengezedwa mwalamulo kuti kuphika ndi chinthu chachilendo komanso chosafunikira. Payenera kukhala malire ku malonda abodza ndi osocheretsa a zakudya zakufa, mankhwala oopsa ndi mavitamini a mankhwala. M'malo mogawa mankhwala oopsa pakati pa alimi, akuluakulu a Health Corps amatha kuwaphunzitsa momwe angakulire kuchokera ku masamba amoyo. ndi kumera tirigu, okonzedwa zokoma ndi zotchipa zakudya wathanzi, kapena mmene munthu angathere mokwanira kukhutitsa thupi lake ndi ma rial awiri a tirigu wamoyo, ma rial awiri a madeti ndi ma rial awiri a masamba ndikukhala opanda matenda Kupyolera mu atolankhani, wailesi ndi wailesi yakanema, n'zotheka kuchenjeza ndi kulembera dziko za kusintha kwa kadyedwe, kukonzekera zakudya zamoyo ndi zopatsa mphamvu kwenikweni; Zipatala zimatha kusinthidwa pang'onopang'ono kukhala zipatala; Njira yodyetsera malo osungira ana amasiye, nyumba zosungira ana amasiye ndi zipatala ziyenera kukhala zovomerezeka pang'onopang'ono. Zotsatira zake, anthu amasamutsa zipatalazi m'nyumba zawo ndikukhala madokotala awoawo. Posachedwapa zipatala sizikhala ndi odwala ndipo zidzatsekedwa wina ndi mnzake. Kugwiritsa ntchito mitundu yonse ya fodya, zakumwa, nyama, nsomba ndi zinthu zina zovulaza kumachepa pang'onopang'ono.

Maamondi, pistachios, madeti, zoumba ndi zakudya zamtengo wapatali zoterezi ndi zipatso zina zambiri ndi ndiwo zamasamba zimatumizidwa ku mayiko ena pamtengo wotsika kwambiri, izi ziyenera kuimitsidwa ndipo palibe kutumiza kunja komwe kuyenera kuchitika. Choncho chakudya chomera pano chidzadyedwa ndi anthu athu ndipo chifukwa cha zimenezi, makhalidwe a anthu adzakwera ndipo maganizo awo oipa adzachepa. Kuba, umbanda ndi chinyengo zidzatha. Izi, zomwe zimawoneka zosatheka poyamba, zidzachitika m'dziko lathu m'zaka zingapo.

Sitiyenera kulabadira zachabechabe, zabodza, ndi malingaliro olakwika a madokotala ena okonda ndalama ndi ankhanza, chifukwa sanangolephera kupeza njira yaying'ono yochepetsera matenda ndi zonena zawo, komanso ndi zochita zawo zolakwika komanso

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zolakwa zinachititsa kuti matendawo afalikire. Yankho pazokambirana zonsezi ndi zotsatira zotsimikizika za ntchito ndi zochita. Ngati chotulukapo chopezedwa m'banja langa sichili chokwanira kwa iwo, komanso pakati pa odya zakudya zosaphika omwe ali omwazikana m'maiko ena, ngati ndilandira malo okwanira ndi njira, ndine wokonzeka kutsimikizira ndi kutsimikizira chowonadi cha zonena zanga ndi zochita. m'kanthawi kochepa.

Pempho langa n'lakuti muwerenge moleza mtima mabuku ndi zidziwitso zimene ndakutumizirani m'Chingelezi."

"Kukhalapo kwa mpulumutsi wamkulu wa anthu ku umphawi ndi matenda:

Ndine wogwira ntchito wopuma wa Imperial Army, yemwe adapuma pantchito ndi zaka khumi ndi zisanu ndi zitatu ndi miyezi itatu chifukwa cha kunenepa kwambiri m'chaka cha 1344 (kalendala *ya dzuwa la Persia)* malinga ndi chigamulo cha Medical Council of the Army malinga ndi fayilo yanga. matenda aakulu omwe anakonzedwa. Ndisanapume kwakanthawi kuti ndichiritse kunenepa kwanga komwe ndidapeza pafupifupi 125 Kg, mapiritsi ochepetsa thupi monga Metrical adandilembera ndipo ndidamwa, ndipo chifukwa chake kulemera kwanga kudafika 150 Kg ndikupitilira kukula. Mpaka ndinalandidwa mphamvu zogwira ntchito. Kenako, pondipatsa mavitamini, kebabs ndi zakudya zina, ndinadwalanso mphumu. Anaganiza zondipumitsa ntchito, ndiko kuti, popanda phindu, ndiko kuti, ndi malipiro osakwanira. Panthawi imeneyi pamene mphumu yanga inali kundizunza, ananditumiza ku dipatimenti ya ziwengo ya chipatala No. 502 cha asilikali ndipo anandipatsa mitundu khumi ndi isanu ndi itatu ya jakisoni m'manja mwanga, ndipo aliyense wa iwo amene anatupa, iwo anati inu muli. matupi a zinthu zimenezo, ndithudi onse anatupa, koma awiri kapena atatu Anawalingalira iwo mwamsanga pamene pempho linali lopanda kanthu ndipo ananena kuti inu muli ndi matupi awo sagwirizana nawo ndipo muyenera kubaya jekeseni katatu pa sabata; Zotsatira zake, ndinadwala mphumu yamtima ndipo mwa kundipatsa mapiritsi ena monga Valium, mankhwala a m'mawere ndi mankhwala oopsa, impso yanga inalephera kugwira ntchito komanso kupweteka kwambiri m'mimba. Kenako kulemera kwanga kudakwera kuchokera ku 160 Kg ndikubwerezanso kumwa mapiritsi amphamvu a corten omwe adokotala adandiuza, ndidanenepa tsiku lililonse ndipo ndidatchedwa kuti Courtney kune

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ku ward ya chipatala chomwechi kuti akalandire chithandizo chamuyaya! Pambuyo pa opaleshoni ya umbilical chophukacho, adokotala anandiuza kuti ndinakhuthula mayunitsi mamiliyoni makumi atatu a penicillin m'mimba mwako; Tsopano ndazindikira kuti ndi penicillin imeneyi, ndinali nditatsala pang'ono kufa. Panthaÿiyi, mwana wanga wamkazi wamng'ono anali ndi matenda a mtima ndipo ankafunika kubaya jekeseni wa penicillin (Penador) miliyoni imodzi ndi mazana aÿiri mlungu uliwonse kufikira usinkhu wa zaka 18. Kumbali ina, mwana wanga wamng'ono miyendo yake inali yokhota m'mbali ndipo iye anali kudwala chotero. -otchedwa rachitis. Mkazi wanga, yemwe amavutika ndi umphawi komanso matenda ambiri a ine ndi ana anga, adakadandaula kukhoti lothandizira mabanja ndikupempha ndalama zolipirira, ndipo sindinathe kulipira chifukwa cha malipiro anga ochepa, ndidamusudzula, zomwe zikutanthauza kuti ndimupulumutse. kuchokera ku moyo womvetsa chisoniwu. Ndinakhala ndi ana asanu odwala ndi amasiye.
Tsiku lililonse, ndikamapita kwa madokotala ndi timabuku ta inshuwalansi ya umoyo, timabuku tambiri tadzaza ndipo ndalama zambiri za malipiro anga zinaphwanyidwa monga maulendo, ECG ndi malipiro a labotale. Nditayanso malipiro anga ena a inshuwaransi.
Mpaka woyang'anira mabuku wa kusukulu ya mwana wanga, amene anawona mkhalidwe wanga, anandiuza kuti ndilembe bukhu lodyera laiwisi. Ndinawerenga bukuli ndi chidwi chonse ndipo ndinavomera zomwe zili mkati mwake ndipo pamodzi ndi ana anga tinayamba kudya 100% yaiwisi yamasamba. M'masiku ochepa chabe mphumu yanga inatha; Kenako mkhalidwe wa mwana wanga wamkazi unayamba kuyenda bwino ndipo miyendo ya mwana wanga wamng'onoyo inawongoka, ndipo ndinayambiranso unyamata wanga. M'miyezi isanu ndi umodzi, kulemera kwanga kunatsika kuchoka pa 160 kufika pa 70 Kg. Panthawi imeneyi, ndikudya zosaphika, ndapezanso moyo ndi kutsitsimuka kwa mwana ndipo ndalumbira ndekha kuti sindidzakhudza chakudya chakupha. Ndili ndi ngongole ya chipulumutso changa ku tsoka ku bukhu lanu. "

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Bambo Akbar Tofangchi- No. 11, Khazaei Alley, Arabian area, Naser Khosrow St, Tehran.

Wolemba kalatayi ndi mayi yemwe amabwera ku Tehran Raw Vegans kalabu tsiku lililonse pambuyo ntchito ndi kutithandiza mu kalabu, ndipo nthawi zina iye anajambula mavidiyo ena ku kalabu ntchito:

"Mmene ndinagonjetsera khansa ndi veganism yaiwisi:

Posachedwapa ndikondwerera chaka changa chachiwiri ndikukhala osaphika. Zaka ziwiri zapitazo pamene ululu wanga wa khansa unakula kwambiri, ndinadziwitsidwa ndi bukhu laiwisi la zakudya lomwe linasinthiratu moyo wanga. Ndipotu bukuli linapulumutsa moyo wanga.

Pa 2533/2/21 *(kalendala yachifumu yaku Persia)* ndinamva zachilendo pachifuwa changa chakumanja. Ndinakhumudwa pang'ono, ndinapita kwa dokotala, koma X-ray sinasonyeze zachilendo. Patapita miyezi iwiri, ululu unayamba ndipo posakhalitsa unakula. Kuyendera madokotala kuti akalandire chithandizo kunayamba.

Pa 2533/6/25 ndi chilolezo changa, opaleshoni inachitidwa; Nditatsitsimuka, ndinaona kuti bere langa lakumanja lazimiririka, dzanja langa lamanja linali litachita dzanzi.

Maganizo anga sanasinthe kwambiri mpaka pa 2535/1/5, pamene ndinamva kupweteka ntchafu yanga yakumanzere, ndinapita kwa madokotala angapo ndipo nditatha kujambula zithunzi zingapo, anapeza khansa ya m'mafupa ndipo analamula kuti apite kuchipatala.

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lipoti lapakompyuta la osteotomy kuyambira kumutu mpaka kumapazi. kutenga Opaleshoni ina kuti matendawa asapitirire, chiberekero changa ndi thumba losunga mazira zinachotsedwanso. Patapita masiku 40, madokotala ananena kuti ndigonenso m'chipatala. Ndinaganiza zopita kunja kuti ndikapitirize chithandizo kumeneko. Ndinapita kwa Israeli; Atandichotsa bere langa lakumanja, amajambula zithunzi za mapapo anga ndi chiwindi miyezi itatu iliyonse. Ma radiation ambiri adalowa m'thupi mwanga. Anandichitira ndi cobalt kwa magawo makumi anayi, mu gawo lililonse amaika cobalt mbali imodzi kwa mphindi zitatu ndi mbali inayo kwa mphindi zitatu.

Ku Israeli, adayambanso kujambula zithunzi ndi ma X-ray, adajambulanso goiter yanga, yomwe ndidachita opaleshoni zaka zapitazo.

Potsirizira pake, dokotala wanga anandilongosolera mchitidwe wonsewo nati: "Anachotsa chifuwa chako mochedwa, nthenda imeneyi imakhudza mbali zitatu za thupi, mapapo, chiwindi ndi mafupa; kuti ndikudabwa kuti sichinasweka bwanji nditakhala pampando wandege?"

Mu Israyeli, anapereka magawo khumi ndi asanu a kobala. Ndinabwerera ku Tehran ndi sutikesi yodzaza ndi zithunzi, makalata, malangizo ndi malangizo. Ndinapatsidwa mankhwala amphamvu kwa mlungu umodzi ku Tehran, ndipo kuyambira 7 koloko m'mawa mpaka 2 koloko masana, ankandipaka mchere pamutu panga. Chifukwa adayimitsa mahomoniwo, kulemera kwa thupi langa kudakwera kuchoka pa kilogalamu makumi asanu ndi limodzi mphambu zisanu ndi zitatu kufika pa makilo makumi asanu ndi atatu ndi atatu. Analoseranso kuti tsitsi langa lithothoka ndipo ndidzameretsa ndevu ndi ndevu. Tsiku lina, pamene ndinkafuna kutenga kapisozi, pamene ndinawerenga kabukuko, ndinaona kuti zinalembedwa kuti mankhwalawa ali ndi zotsatira khumi ndi ziwiri zoipa ndipo mwina imfa; Koma ndinali ndidakali ndi moyo choncho ndinaganiza zosiya kudzikhumudwitsa.

Patatha miyezi 10, zinthu zinasintha kwambiri pamoyo wanga. Mnzanga wina, yemwenso anali wolumala, anandiuza kuti akumva bwino kwambiri patatha mwezi umodzi atadya nyama yaiwisi, inenso ndinaganiza zokhala wosadya nyama. Tsiku lotsatira, ndinapita ku kalabu yaiwisi ya vegans ndi thupi lodwala komanso lokhumudwa kuti ndiphunzire za kadyedwe kawo. Ndinadya theka yaiwisi ndi theka yophika kwa masiku angapo, ndinalimbikitsidwa kwambiri ndipo potsiriza ndinakhala

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wakudya zosaphika mtheradi. Ndikudya zosaphika mwezi woyamba, chozizwitsa chinachitika m'thupi mwanga. Tsitsi langa la nsidze, lomwe linali litagweratu, linayamba kumeranso; Ndinali ndi mphamvu zambiri zoyenda, maso anga anayenda bwino komanso ndinatsitsimuka. Tsiku lina ndinagwa kuchokera pa masitepe a miyala ya miyala ya ofesi ya inshuwaransi; Ndinkaona ngati ndifa ziwalo. Ndi miyezi iwiri ya chakudya chosaphika, panali kusintha kwakukulu m'thupi langa kotero kuti pamene adajambulanso zithunzi za chiuno changa ndi miyendo, dokotala anati: "Mafupa anu ali athanzi kuposa anga." Panalibe mabala akuya amene anatsala m'thupi mwanga. Ndasunga zikalata zonse ndi zithunzi pamaso ndi pambuyo yaiwisi chakudya. Lero, patatha zaka ziwiri za veganism yaiwisi, ndasinthiratu. Sindinamwe mankhwala panthawiyi.

Dzanja langa lamanja, lomwe linali litachita dzanzi pambuyo pa opaleshoni, labwerera mwakale. Thupi langa, lomwe linali lodzaza ndi ziphuphu pansi pakhungu pambuyo pa mankhwala a chemotherapy ndipo ndinali ndi ululu woopsa, ndinachira ndipo ziphuphu zinazimiririka. Panthawi imeneyi, ndinataya makilogalamu makumi awiri. Tsopano ndimagwira ntchito maola asanu ndi atatu patsiku ndipo ndimakhala wokangalika kwambiri panthawi yanga yopuma. Ndikuyembekeza kuthera nthawi yanga mosangalala komanso wathanzi m'moyo watsopanowu."

Maryam Neshan BarJan, Wobadwa pa Julayi 25, 1931 - Tehran

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Makalata amenewa ndi masauzande ambiri amene analandira kuchokera kwa anthu odya zosaphika ochokera m’mayiko osiyanasiyana padziko lonse lapansi amatsimikizira kuti odwala amene amasiya kugwiritsa ntchito mankhwala osokoneza bongo komanso zakudya zophikidwa amachiritsidwa msanga ku matenda amtundu uliwonse.

Nyuzipepala ya "AVANGUARD", yomwe imafalitsidwa ku Yerevan, likulu la dziko la Armenia, inalemba m'nkhani yake imodzi (1964, No. 98) kuti: "Ainjiniya angapo, oimba ndi ojambula zithunzi, onsewa anali akatswiri.
amene ali anthu ophunzira, akhala akudya zofiira. Akukutsimikizirani kuti akumva kuti ndi opepuka komanso athanzi moti satuluka thukuta ndiponso samva kugunda kwa mitima yawo.

Magazini ya Moscow yotchedwa "SAYANSI NDI MOYO" imavomereza yake ya March, 1965 kuti pali anthu ambiri odya zosaphika pakati pa oÿerenga ake, amene achiritsidwa ku matenda osiyanasiyana ndipo adziÿitsa akonzi tsatanetsatane wa kuchira kwawo.

M'mikhalidwe imeneyi munthu sangamvetse chifukwa chake akatswiri a sayansi ya zamoyo ndi maulamuliro ena odalirika sachitapo kanthu kuti agwiritse ntchito mfundo za kudya zosaphika. Kodi nchifukwa ninji amazengereza pamene njira yapezedwa yofikira chifuno chawo chomalizira cha kumasula mtundu wa anthu ku matenda ndi kutsimikizira moyo wachimwemwe kaamba ka aliyense? Ngati asankha, akhoza kuchiritsa wodwala aliyense mkati mwa miyezi iwiri ndikuchotsa odwala awo m'zipatala. Ndi udindo wa munthu aliyense wolemekezeka kuwafunsa ngati akufuna kukwaniritsa cholingachi kapena ayi.

Ndikulengeza kudziko lonse lapansi kuti KUCHOKERA KUKHALA MALANGIZO A MANKHWALA OPATSA POIZO NDI MALANGIZO A CHAKUDYA CHOPHIKIDWA ZIKUFUNIKA KUONEKERA MONGA ZINTHU ZOPANDA MTIMA KWAMBIRI KWA ANTHU, CHIFUKWA IZO NDI ZINTHU ZOFUNIKA.

ZIMACHIRITSA MATENDA ONSE ANTHU.

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Galu woyera wazaka 7, Jackie amakhala nafe ngati nyama yosaphika kuyambira pachiyambi cha moyo wake.

Tsopano zimatsimikiziridwa mosavuta kuti kudya nyama sikunali kwachilengedwe ngakhale kwa ena nyama, ndipo tilibe nyama zenizeni. Jackie adazolowera chakudya chomwe timadya chibadwire. Zakudya zake zambiri zimakhala ndi tirigu, masiku, zoumba, pistachios, saladi ndi zipatso zosiyanasiyana, zonsezi zimakhala ndi mawonekedwe amoyo (yaiwisi), chifukwa m'nyumba mwathu mulibe ngakhale galamu imodzi ya chakudya chakufa. Galu uyu amadyanso anyezi ndi radish ndi chikhumbo chachikulu.

Tikamatuluka naye kunja kwa mzindawo, amadya msipu ngati mwana wa nkhosa m'madambo obiriwira. Poyerekeza ndi agalu ena, galu uyu ndi wathanzi kwambiri, watsopano komanso wodzaza ndi mphamvu. Ngati tikufuna kuzolowera ana a mikango, anyalugwe ndi mimbulu kudya zomera ngati galu ameneyu, pambuyo pa mibadwo ingapo adzasiya kotheratu ukali wawo ndi kukhala bata, ndipo akhoza kukhala pamodzi ndi nyama zina monga ng'ombe. Koma m'malo mwake, sitingazolowere kudya ng'ombe.

Kodi tiyenera kupewa chiyani?

Chipatso chouma chomwe chakonzedwa ndi sulfure kapena madzi akuthwa kapena ndi mankhwala ena sayenera kudyedwa, chifukwa alibe zakudya zokwanira ndipo ndi chinthu chakupha, kotero kuti ngakhale nyongolotsi sizimayandikira. Musamadye mafuta a azitona omwe amasefedwa ndi mankhwala ndipo alibe mtundu wake wachilengedwe kapena fungo ndi kukoma kwake.

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ndipo wataya phindu lake lazakudya. Azitona zamchere, nkhaka zosakaniza ndi pickles zokonzedwa ndi mchere kapena vinyo wosasa sizimaganiziridwa kuti ndi zamoyo komanso zachilengedwe. Ndiponso, vinyo wosasa, vinyo ndi zodyedwa zotere zomwe zabwerera kuchokera ku chikhalidwe chawo choyambirira ndi zachilengedwe zilibe phindu lopatsa thanzi. Mchere umakonzedwanso m'njira yotentha komanso yovulaza, kuphatikizapo kuti mchere wofunikira ndi thupi umakhalapo mu zipatso ndi ndiwo zamasamba. Musagwiritse ntchito permanganate kapena mankhwala ena ophera tizilombo posamba zipatso ndi ndiwo zamasamba.

Pewani zipinda zotentha, zovala zotentha ndi mpweya wauve. Osagwiritsa ntchito sopo kapena shampu, ali ndi mankhwala omwe amawononga khungu ndi thupi; Sambani msanga.

Nyama zosaphika sizimadya zakudya zosakhala zachilengedwe, zophika, zamafuta ndi zamafuta kukhala ndi ludzu kwambiri; Sichimadya ma calories opanda pake kuti uzimitsidwe ndi madzi ozizira, sichimatuluka thukuta kudzaza malo ake ndi madzi. Kuphatikiza apo, zakudya zachilengedwe zimakhala ndi madzi okwanira. Chilengedwe chapanga zakudya zachilengedwe m'njira yoti zimadzaza ndi madzi m'chilimwe komanso madzi ochepa m'nyengo yozizira. Wodya zosaphika akakhala ndi ludzu, amathetsa ludzu lake mwa kudya nkhaka kapena phwetekere kapena kapu ya madzi a zipatso kapena madzi a akasupe abwino. Pachifukwa ichi komanso kuti muwonjezere madzi ku compote etc., chamoyo chilichonse chiyenera kukonzekera magalasi amodzi kapena awiri a madzi a kasupe tsiku ndi tsiku. Kwenikweni, wodya zamoyo sayenera kulola mankhwala alionse kapena zinthu zapoizoni kulowa m’thupi mwake, ngakhale kuchuluka kwake kuli kochepa kwambiri; ndiye kuti asamwe madzi apampopi. Madzi amenewa ali ndi chlorine ndi fluoride, ndipo ngakhale atakhala ochepa bwanji, chifukwa ali ndi mphamvu zopha tizilombo toyambitsa matenda, alinso ndi mphamvu zowononga maselo a thupi la munthu. Maselo aumunthu amakhudzidwanso ngati tizilombo tating'onoting'ono, amakhalanso ndi poizoni mwamsanga ndipo amalephera, kutsutsa kwakukulu kumamveka padziko lonse lapansi pazochitika zolakwikazi. Anthu ena amapeputsa chiphechi, amatenga madzi apampopi awa, amathiramo mankhwala atsopano ndi poizoni, amawapanga mitundu yosiyanasiyana ndikuwatcha kuti zakumwa zosaledzeretsa.

Kamodzi pamwezi, timabweretsa mitsuko yochepa yamadzi kuchokera ku kasupe wa Vanak ku Tehran omwe ali pafupi ndi ife ndipo timawagwiritsa ntchito. Pali kusiyana kwakukulu pakati pa kukoma ndi fungo la madzi a kasupe ndi madzi apampopi.

Kupopera mbewu mankhwalawa ndi feteleza wamankhwala ndi chimodzi mwazinthu zopanda nzeru za anthu "otukuka" anthawi ino. Anthu aumbombo amawononga dziko lapansi

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feteleza wamankhwala ndikuwonjezera kuchuluka kwazinthuzo m'malo mwake kutsitsa mtundu wake; amawaza zipatso ndi ndiwo zamasamba zikakhwima ndipo amazigulitsa kwa anthu nthawi yomweyo. Pambuyo pake, dokotala mwiniyo, yemwe anayambitsa kupopera mankhwala kumeneku, amawona zotsatira zoipa za ntchito yake ndipo mmalo moziletsa, amaletsa kudya zipatso ndi ndiwo zamasamba.

Popeza zinthu zili chonchi, anthu asagwiritse ntchito zovulaza kupopera mbewu mankhwalawa ngati chowiringula ndikuphika zipatso ndi ndiwo zamasamba. Chifukwa ngati kupopera mbewu mankhwalawa kumawononga mtengo wa chinthucho mwachitsanzo 10%, kuphika kumawononga mtengo ndi 100%, ndipo nthawi yomweyo, kumatulutsa poizoni wambiri muzakudya zakufa kuposa kupopera mbewu mankhwalawa. Anthu azitsuka bwino zakudya zomwe zili ndi poyizoni ndipo nthawi yomweyo azilimbana ndi mchitidwe wankhanzawu. Tsopano mawu a anthu akumveka padziko lonse lapansi. Amapanga mayanjano, kusindikiza magazini, ndikutsegula masitolo apadera ndi zipatala ndi nyumba zogona kuti azidyetsa anthu ndi chakudya chomwe chapangidwa popanda feteleza wamankhwala ndi mankhwala ophera tizilombo. Ena mwa otsatira anga akunja, amagula malo kuti akhale ndi dimba laumwini ndikuwapatsa zosowa zawo za zipatso ndi ndiwo zamasamba popanda feteleza wamankhwala ndikukhala mwaufulu weniweni.

Adventure of the Tehran RawVegans Association Ndinaganiza zomasulira ndi

kusindikiza buku langa mu Chifalansa, Chijeremani, Chisipanishi ndi Chiarabu, komanso kupanga mabuku kuchokera m'malembo osangalatsa kwambiri ndikukulitsa ntchito yanga yapadziko lonse lapansi, koma anzanga ndi okonda zakudya zosaphika adaumirira kuti akhazikitse kalabu ku Tehran. . Pamodzi ndi ena oyambitsa, tinasonkhanitsa ndalama pakati pathu, tinakonza tchati ndikuyamba ntchito. Ndinapereka zipinda zanga ziwiri zazikulu pansi pa nyumba yanga ndi madzi, magetsi ndi telefoni kwaulere ku kalabu ndipo ndinakhala zaka ziwiri ndi theka ndikuwongolera kalabu ndi malo odyera obiriwira. Ndinasonkhanitsa mamembala omwe anali okhulupirika ku filosofi yanga ndi malamulo a dera lathu, ndipo anali okangalika, othandizidwa, okonzekera misonkhano yaubwenzi, amakambirana za zotsatira zomwe amapeza chifukwa chodya mphatso zosaphika, zosonkhanitsa, ndipo ankaseka ngati banja lalikulu ndipo mu izi. momwe tidasonkhanitsa mamembala pafupifupi 900.

Patatha chaka chimodzi gululi litakhazikitsidwa, Bambo Javad Ramezani, amene anali kudwala mwakayakaya ndipo madotolo anamudula m'mimba ndi

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duodenum ndipo adasintha m'mimba mwake, adabwera ku kalabu atamwalira (molingana ndi zomwe adanena) ndipo adakhala membala, adakhala wodya yaiwisi ndipo adapulumutsidwa ku imfa. Iye ankakonda kwambiri zochita za anthu a m'deralo ndipo anasankhidwa kukhala membala wa komiti ya oyang'anira. Tsoka ilo, sakanatha kumvetsetsa nzeru zakuya komanso zosavuta za veganism yaiwisi. Nthaÿi zina ankati: "Ganizo langa silinafikebe m'maganizo mwa Aterhov, likhoza kufika kumeneko tsiku lina. Ndakhala ndikudikirira masiku awa kwa zaka zambiri, koma sizinaphule kanthu. Bambo Ramezani adati: "Aterhov sayenera kuukira madokotala ndi sayansi yachipatala ndikutsutsa zochita zawo zolakwika." Koma ndinalibe maganizo amenewa ndipo ndinkafuna kuuza anthu choonadi.

Ntchito za kalabu zitayamba kuyenda bwino pang'ono, ndidakhuthula chipinda choyamba cha nyumba yanga, ndikuwonjezera zipinda zam'mbuyomo ndi gawo limodzi mwa magawo atatu a renti yoperekedwa ndi ma broker, ndikuwapatsa kalabu (theka la nyumbayo ndi yanga. mkazi. Sindilandira lendi kuchokera ku theka langa). Ndi ndalama zanga, ndinatsegula chitseko chapadera chamsewu ndikumanga chipinda chapansi cha ma cubic meter 30 kaamba ka kusungirako, ziÿalo za chitaganya sizinachite misonkhano yanthaÿi zonse, tinasankha komiti ya otsogolera pakati pa ena a mamembala okangalika, ndi mwadongosolo. kuti ndiwatsimikize bambo Ramezani kuti akulakwitsa maganizo awo, ndinamulola kuti asankhe yekha bolodi. Anasa Mohammad Kaar (Profesa wa Tehran Medical University) monga Wapampando wa Board of Directors. Dokotala uyu adalemba buku lotchedwa "Raw Vegetarianism" lodzaza ndi ma laboratory opusa komanso opanda tanthauzo ndipo adawononga nthawi ya omvera ndi nkhani zopanda pake. Posakhalitsa anayambitsa chipwirikiti mu kalabu kuti tidamuthamangitsa umembala malinga ndi Gawo 29 la malamulo a kalabu. Anapita ndi anthu ena amalingaliro ake, adayika ndalama ndikutsegula kalabu yotchedwa "Scientific Raw Vegetarianism" pa Ministers St, munthu aliyense adataya ma toman 40 kapena 50 masauzande ndikutseka, anthu ena adanong'oneza bondo pantchito yawo ndikulowanso gulu lathu. Bambo Ramezani sanaphunzirepo kanthu pa zomwe anachita koma mmalo mwa dotolo mmodzi anabweretsa madotolo ena awiri kapena atatu mu club kuti alankhule.

Ngati akanavomereza mawu anga amene ndinalemba zaka zapitazo m'buku la Raw-Eating, anthu ambiri amene anamwalira m'zaka zaposachedwapa akanakhala ali moyo tsopano. Mwachitsanzo Dr. Iqbal, mkulu wa zachipatala,

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amene anandipereka ku bwalo lamilandu kuti andilange, koma iye mwiniyo analangidwa m'moyo weniweni nafa. Mwamwayi, khotilo linakana dandaulo lachipatala kukhala lopanda maziko ndipo linagamula mokomera ine. Madokotala amati ndikusokoneza "sayansi" yachipatala koma ndilibe chochita, ndimangowonetsa njira yachilengedwe ndipo njira yoyenera imapangitsa kuti anthu azikhala athanzi ndikuchiritsa, chifukwa chake, njira zopezera madotolo ndizoletsedwa, koma palibe wabizinesi yemwe amakonda bizinesi yake yopanga ndalama kuti iwonongeke! M'buku lakuti "Raw-Eating" momwe filosofi ya chakudya chaiwisi imatanthauziridwa ndi chitsogozo cha bukhuli, gulu la nyama zakuda zakuda limapangidwa, mfundo zina zazikulu zimatchulidwa zomwe zimatsimikizira kulakwa ndi kuvulaza kwa sayansi ya zamankhwala.

Ndimadalira kwambiri kuyenda kwa mayanjano ndi kalabu iyi chifukwa ndatero kuti nditsimikizire momwe ndinawonongera nthawi yanga yonse kwa zaka zisanu ndi chimodzi, kupeÿa ntchito zapadziko lonse, kugwira ntchito molimbika ndi kuwononga ndalama, koma zoyesayesa zonsezi zinawonongeka chifukwa obera ochepa, anatenga midzi, kalabu, ndi malo odyera ndi katundu wake wonse. ndi mipando yochokera kwa ine ndi anthu enieni ammudzi ndikuzipereka kwa otsutsa. Bambo Javad Ramezani, wamalonda wolemera wankhanza komanso wokonda ndalama; Sanathe kumvetsetsa tanthauzo lakuya la filosofi yosavuta komanso yabwino kwambiri ya veganism yaiwisi, mosiyana ndi lingaliro langa, adaganiza kuti afika komwe akupita posachedwa kudzera mu sayansi. Ankakhulupirira kwambiri maganizo ake ndipo ankadzidalira kwambiri moti anaganiza zondithamangitsa m'gululi n'kumadziika m'malo mwanga komanso nzeru zake zasayansi m'malo mwa malamulo a chilengedwe. Adayika bukhu la Dr. Majdi "Idyani ndikukhala wokongola" m'malo mwa bukhu lakudya zosaphika ndikulanda gululi mothandizidwa ndi madotolo. Kuti akwaniritse cholinga chowopsachi, adayenera kugwiritsa ntchito mazana a kuphwanya malamulo, kuphwanya malamulo, kunama, kuwopseza, kukakamiza, kuchita masewera olimbitsa thupi, ndi zina zotero. Choyamba, anayesa kumuchotsa MohammadReza Mahtabi ndi Manouchehr Safarzadeh (mamembala awiri a komiti ya oyang'anira). .

Bambo Mahtabi, katswiri wa zaulimi wa zaka 28 amene anapulumuka matenda aakulu a impso mwa kudya zakudya zosaphika, anathandiza kukonza gululo kwa miyezi ingapo. Iye anali mnyamata waluso amene modzikuza anachita zonse mawaya, mapaipi, kujambula ndi ukalipentala wa kilabu mothandizidwa ndi

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Bambo Safarzadeh. Kenako adayang'anira kalabu yonse ndi malo odyera kwa miyezi isanu ndi umodzi. Anaphunzira za kukonza saladi yaiwisi ndipo analemba buku lamutu wakuti “Zakudya zosaphika zamasamba, chakudya chokha cha anthu”. A Mahtabi ankafuna kuti akhazikitse kampani yaulimi ya anthu, koma dongosolo lawo silinamalizidwe chifukwa malo oyenera sanapezeke; Bambo Mahtabi siolemera kwambiri, ndipo tikadawapatsa kandalama kakang'ono kuti aziyang'anira gululi ndikumusunga, gulu lathu silikanakhala pamavuto otere, koma bambo Ramezani adazunzika kwambiri mpaka adatithawa. ndipo anauza abwenzi ake kuti: "Ndipita, ndikadye zophika ndi kufa." Ndipo anachita chimodzimodzi. Anapita ku Khorramshahr, n’kukapeza ntchito kubanki ya Keshavarzi, n’kuchoka panyumba, mabwenzi ndi anthu, n’kukhala yekha, kuphika, ndipo chifukwa cha zimenezi, matenda ake a impso anaonekeranso n’kumupha.

Bambo Manouchehr Saffarzadeh adagwira ntchito mwakhama ku gululi ndipo adathandizira, koma chifukwa adamvetsetsa filosofi yakuya ya veganism yaiwisi kuposa zonse ndipo nthawi zonse ankayiteteza, chifukwa chakuti Bambo Ramezani ankamuwona ngati mdani, motere. Gululo linabalalitsidwa. Bambo Safarzadeh anapita ku Shiraz ndipo Bambo Abulfazl Sadarat anapita kwa Jahrom, Bambo.
Ramezani ndi Bambo Kayhani anatsalira, Bambo Abulfazl Kayhani simunthu wofunika, ndi wachibale wa bambo Ramezani ndi bwenzi lake lokhulupirika.
Ndinapita kudziko lina katatu kapena kanayi kuzungulira nthawiyi, nyama zobiriwira zimandiitana padziko lonse lapansi, amafuna kundiwona, ndipo nthawi zina ndimapita kukawawona. Pazimenezi, Bambo Ramezani adawona kuti palibe kanthu ndipo adayambitsa ulamuliro wawo wankhanza. Tili ndi lamulo lopangidwa ndi oweruza odziwa bwino ntchito omwe adawoneratu chilichonse ndikulimbitsa ulamuliro wanga kuti ndipewe kuswa kotere; Koma bambo Ramezani sadziwa malamulo. Kwa iye, chikhumbo chake ndicho lamulo.

Malinga ndi Ndime 18, 21, ndi 29, Bambo Ramezani ndi Bambo.
A Kayhani anathamangitsidwa mwalamulo m’chitaganya, ndipo mayendedwe onse amene iwo anachita motsutsana nane anali oletsedwa ndi okakamiza. Ngati ndikanafuna, ndikanatha kugwiritsa ntchito ulamuliro wanga panthawi yake, kuwachotsa ndi kutenga udindo woyang'anira bungwe, koma modabwitsa momwe zingawonekere, ndinali ndi chidwi chapadera kwa Bambo Ramezani chifukwa cha mzimu wake wokangalika komanso wamphamvu, makamaka. kuti anali wokangalika ndi kuthandiza mayanjano. Iye anali atakonza semina m’munda wake. Sindinafune kumukhumudwitsa; Nthawi zonse ndinkayembekezera kuti avomereze kulakwitsa kwake ndi kubwere

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Mwina ankandinyoza ndipo ankadziona kuti ndi wanzeru chifukwa amavomereza sayansi ya zamankhwala, koma ine sindikutero. Iye anati: “Munthu ayenera kugwiritsa ntchito njira zonse ndi zolinga zake pomenyana. Bambo Ramezani asankha m'modzi mwa anzawo ndi anzawo akusukulu bambo Mostaan kukhala woyang'anira mabuku, yemwe amatenga ndalama zonse zomwe amapeza pogulitsa malo odyera, ofesi, ndi umembala ku bank ndikuzitsanulira mu account ya bambo Ramezani. A Ramezani atani ndi ndalamazi? Palibe amene akudziwa ndipo sayankha aliyense. Bambo Ramezani anali atapanga chisindikizo; Lamlungu ndi Lachiwiri kuyambira 16:00 mpaka 20:00 ndi Lachinayi kuyambira 13:00 mpaka 15:00 maphunziro ndi odwala anayesedwa kwaulere ndi madokotala ndi zakudya. Amayika chidindochi pamapepala omwe ndinasindikiza ndi ndalama zanga, chifukwa bambo Ramezani sawononga ndalama zotsatsa. Achipatala adandidandaulira kuti ndikusokoneza ntchito zachipatala, tsopano bambo Ramezani akuchita izi.

Iwo anayamba acupuncture mu kalabu kwa kanthawi; Azimayi, ana, achikulire ndi achichepere, atakhala pafupi ndi khoma ndi singano zowatsekera m’makutu, mphuno, milomo, mphumi, manja ndi mawondo ngati ziboliboli zopanda phokoso! Iwo ankayembekezera kuti matendawo adumphe kuchokera nsonga ya singano ndi kuwapulumutsa!
Ndizinthu zotani zoseketsa zomwe umbuli wa anthu ophikawo sumapanga? Dr. Nawab adalankhula kudzera mwa sipikala wa gululi ndipo adalengeza kuti sakugwirizana ndi malingaliro a Hovannessian. Chabwino, Bambo Nawab, ngati simukugwirizana ndi nzeru zanga, mukuchita chiyani mu gululi? Pali mamiliyoni a anthu padziko lapansi omwe amatsutsana ndi filosofi ya veganism yaiwisi, kodi onse ali ndi ufulu wolowa mu kalabu yathu ndikunena zotsutsana nafe? Nditapereka chidziwitso cha zomwe zikuchitikazi kuti ndiwadziwitse mamembala, izi zidakwiyitsa bambo Ramezani; Anasintha loko lotsekera pachitseko cha bwalo, lomwe ndinadzifosulira ndekha ndikubzala maluwa, kuti ndisalowe m'bwalo kukathirira dimba; Chitseko cha ofesi yanga ndi chokhoma ndipo ndimayenera kutsegula chitseko chatsopano cha ofesi yanga kuchokera panjira. Khomo lolowera kalabu kuchokera pakhonde nalonso latsekedwa kumbuyo.

Inali nthawi yoti tisankhe komiti yatsopano ya otsogolera. Adafunsa motele bambo Ramezani anthu ena kukonza zoitanira. Makalata oitanira anthu analembedwa n’kuikidwa m’maenvulopu. Bambo Ramezani anatenga ma envulopuwa kupita nawo kunyumba kwawo kuti akadinde ndikuzilemba koma palibe ngakhale imodzi yomwe inalembedwa kuti asapezeke.

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mwa anthu a mumpingomo ankadziwa za kusankhidwa kwa komiti yatsopano ya oyang'anira. Matsiku amenewa bambo Ramezani anali atatolera zikalata zonse za mamembala aja ndikupita nawo kunyumba kwawo. Analamula Bambo Mostaan kuti asalandire aliyense ngati membala. Uwu ndi mlandu waukulu. Wina anawafunsa bambo Ramezani kuti njonda ina yake ikufuna kukhala membala, bwanji simunavomere? Ndipo iye anayankha: "Sindinakonde maonekedwe ake." Palibe wolamulira wankhanza padziko lonse amene angafune kupereka yankho lamwano ngati limeneli. Kunyumba kwawo bambo Ramezani anaitana amzawo, abwenzi, aneba, achibale, ndi anthu ena ku msonkhanowo ndipo anapatsa aliyense khadi la umembala kuti akalowe kalabu ndikumuvotera tsiku lachisankho.

Patsiku losankhidwa lachisankho, Bambo Ramezani adalowa mgululi ndi gulu la abodza akudya osaphika komanso zolemba za malamulo atsopano, okhala ndi dzina latsopano, ndi likulu latsopano komanso filosofi yatsopano, yomwe idaperekedwa ndi Bambo Ramezani mnyumba mwake ndi voti imodzi yokha "yachinsinsi ". Anayambitsa gulu la madokotala ndi ena omwe iye mwiniyo adawasankha ndi "voti yachinsinsi" ndipo anati: "Aliyense amene avomereza, kwezani dzanja lake." Ma mercenaries angapo adakweza manja awo modabwa n Ramezani akulengeza kuti: "Zinavomerezedwa." Mamembala angapo enieni a gululi, adatsutsa. Ndinalowa mnyumbamo ndikulengeza kuti bambo Ramezani anakanidwa kukhala membala wa gululo kwanthawi yayitali, ndiye alibe ufulu wovota kapena kusankha ndikusankhidwa. Chisankhochi ndi choletsedwa komanso chabodza. Bambo Ramezani adalembetsa zisankhozi ndipo sitinachite ziwonetsero chifukwa bungwe latsopanoli silikugwirizana ndi lathu. Uwu ndi mudzi watsopano wokhala ndi dzina latsopano, ndi cholinga chatsopano, chokhala ndi malo atsopano, ndi malamulo atsopano, mabuku atsopano, ndi woyambitsa watsopano ndi mlembi. Aliyense ali ndi ufulu wodzisankhira cholinga chake, kusonkhanitsa anthu ochepa amalingaliro ofanana ndi iye, kupanga gulu ndikulembetsa; Koma m'mbiri, sizinawonedwe kuti gulu losaloledwa limalowa m'gulu la anthu otsutsa, limadzikonzera yekha chisankho chabodza, limachotsa amene anayambitsa deralo, ndi kulanda katundu yense wa anthu oyambirira. Izi zili ngati mdani akazinga mzinda, anthu ochepa a mumzindawo amatsegula chipata n'kupereka mzindawo kwa adani. Gulu lodyera laiwisi likutsutsana ndi ntchito zolakwika za madokotala. Ndime 17 ya Constitution imati: "Zowona zenizeni za vegan

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amadwala ndipo safuna chithandizo chamankhwala."
Ponena za ngozi ndi ngozi, timaphunzitsa maopaleshoni anyama osaphika omwe azigwira ntchito popanda maantibayotiki, opanda seramu komanso opanda mapuloteni a nyama.

Amandiuza kuti: "N'chifukwa chiyani ukutsutsana ndi madotolo omwe ali osaphika odya n'kunena za chakudya chosaphika?" Si zoona. Dr. Majdi amauza anthu kuti: "Nthawi zina ukhoza kumadya ataphika, palibe vuto." Ndipo amadzidyera yekha, Dr. Nawab amakhulupirira kuti chakudya chosaphika chiyenera kuyambika pang'onopang'ono. Kuchokera pakuwoneka ndi maonekedwe a Dr. Rashti (m'modzi mwa mamembala atsopano a bungwe), zikhoza kumveka kuti iye si nyama yanyama yaiwisi. Madokotalawa apanga kalabu yazakudya zosaphika kukhala malo otsatsa komanso kusonkhanitsa makasitomala kuofesi yawo kuti atchuke. Dr. Nawab akhala wapampando wa board of directors, utsogoleri wake ukhala bwanji? Kungoti amalankhula za mapuloteni ndi mavitamini kwa ola limodzi pa sabata ndipo ndi choncho? Purezidenti akuyenera kutsogolera zochitika za gululi.

Ndikudabwa momwe Dr. Majdi, Dr. Nawab, Dr. Rashti ndi gulu lina mamembala osankhidwa ndi Bambo Ramezani, ngakhale akutsutsana bwanji ndi nzeru zanga, adavomera bwanji kutenga nawo mbali pa chisankho chabodzachi ndikuchotsa Hovannessian, woyambitsa komanso mlembi wanthawi zonse wa bungweli? Adalowa m'malo mwa omwe adayambitsa, adandilanda kalabu yomwe ndidapanga ndikuyiyendetsa kwa zaka zisanu ndi chimodzi kuchokera m'manja mwanga, ndipo adalanda gululi mwamphamvu ndi zida zake zonse. Mayanjano athu safuna maphunziro "zasayansi". Tikamavomereza lamulo la chilengedwe *"musadye zinthu zophikidwa, musadye nyama, idyani zakudya zopanda nyama zomwe mumakonda komanso zomwe mumakonda."* Sitifunikanso kumva china chilichonse.

Bambo Ramezani amadziona ngati asayansi. Odya osaphika atandizungulira ndikufunsa mafunso, bambo Ramezani adalowa mu zokambirana ndikukambirana za glucose ndi glucogen. Tsiku lina tikukangana, bambo Kayhani anayamba kunditukwana. Iye anakweza dzanja lake ndi kufuula kasanu kapena kasanu ndi kamodzi: "Armenian, Armenian, Armenian." Monga ngati Armenian ndi mtundu wa temberero! Ndine wonyadira kukhala wachi Armenian ndipo ndimanyadira kukhala Aryan ndikukhala ku Perisiya. Anthu a ku Armenia sanaponderezedwepo ndi anthu a ku Perisiya ndipo amasangalala ndi ulemu wawo. Kupanga chidani pakati pa mayiko ndi chimodzi mwazinthu zoyipa kwambiri. Zofananazo zinachitika chimodzi

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Tsiku lina pa msonkhano wa komiti, pokangana, Dr. Kaar anataya mtima kwa kanthawi ndipo anayamba kunditukwana kuti ndinali nditangomva m'kamwa mwa anthu mumsewu m'moyo wanga. Ndinakhala chete ndikuyang'ana modabwa momwe munthu wolemekezekayu adadzitaya yekha ndipo sindimamvetsetsa zomwe akunena. Iye anagwetsa manja ake patebulo n'kunena kuti: "Iwe pita m'chipinda chapamwamba ukakhale m'chipinda chako, chathu ndi ichi, osati chako. Chifukwa m'mbuyomu, adanong'oneza bondo ndi khalidwe lake ndikundikumbatira, kundipsompsona ndikupepesa, ndinamukhululukira; Koma ulendo wachiwiri zinatulukanso malire. Tinayenera kumuthamangitsa pamodzi ndi Bambo Azdanlou, osati kuchokera ku bungwe la oyang'anira, komanso kuchokera ku mamembala a bungwe.

Pofuna kundikwiyitsa bambo Ramezani sanandilipire rent 5 miyezi. Tsiku lina adachita misala mu kalabu ndipo atandiwona ndikulankhula ndi anthu ochepa za kudya zosaphika, adakuwa "Chokani apa." Kenako analamula wantchito amene anali atangomulemba kumene kuti: "Taya izi. Wantchito ameneyu nayenso anandikankhira ndikundiponya kunja kwa masitepe a khomo lolowera pakhomo, ndipo ndinagwa pansi ndipo mutu wanga unagunda njinga yamoto ndipo ndinavulala. Ndikadapanda kudya zakudya zosaphika, ndikanadwala sitiroko. Tinapita ku polisi ndipo kuchokera kumeneko kupita kwa dokotala woyeza, wogwira ntchitoyo anafuna kudzichotsera yekha mlandu ndipo anabwereza mokweza kuti: "Aterhov akunena kuti ngati mutakhudza tebulo, mudzaonda." Anaphunzira zambiri pa kudya zosaphika! Nayenso bambo Ramezani ankafuna kumuonetsa mapepala koma wofufuzayo anawakankhira mmbuyo. Ndithudi, Mr. Ramezani ankafuna kuonetsa malamulo ake odziwika bwino komanso kutsimikizira kuti iye ndi mlembi wa anthu ammudzi ndipo ine ndine wosokoneza. Ndikadatani pano? Ndinakhululukira ndipo ndinatuluka; Kodi ichi chinali chochitika chomaliza cha nthabwala kapena zoopsa? Sindikudziwa; Bambo Ramezani ayankhe. Anandiwopseza kambirimbiri kuti achitapo kanthu kuti andikakamize kuthawa maliseche ku Perisiya! Mwinamwake ndi chizolowezi chake chifukwa moyo wake uli ndi nzeru zanga. Uwunso ndi mtundu wa chiyamiko. Akamufunsa kuti: "Ndiye kuti Aterhov ali kuti?" Iye akuyankha kuti: "Iye ndi wotsutsana ndi sayansi." *Apa ndikulengeza kuti chilichonse chomwe chingawononge moyo wanga ndi katundu wanga chikuchokera kwa iye (kapena othandizira omwewo).*

Kudzikonda ndi kukwiyira mopanda nzeru kumayendetsa anthu ena mpaka pomwe buku langa lamafoni lomwe lili ndi mayina a mamembala onse.

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analembetsedwa ndipo zikwatu ziwiri zodzaza makalata achingelezi (pafupifupi chikwi chimodzi) zikusowa muofesi yanga. Sindinganene kuti ntchito yonyansa komanso yosayenerayi ingakhale yandani, koma ndikudziwa kuti ndi ntchito ya munthu yemwe akufuna kulumikizana ndi otsatira a veganism yaiwisi ndikuwazunza. N'zoonekeratu kuti amene anawabera sangagwiritse ntchito poyera. Amene adachita izi, adazichita mosadziwa. Ndikukhululukira ndikupempha kuti ngati akumva umunthu pang'ono mu mtima mwake, atapeza tanthauzo lake kuchokera kwa iwo, anditumizire zilembo izi kwa ine; chifukwa makalatawa adzakhala ofunika kwambiri komanso ofunika kwa ine komanso mbiri yakale ya veganism yaiwisi m'tsogolomu.

Lino nsikonzyi kuya ku cikombelo, bantu baciswa bulwazi bazwa kunsanjika yabili yaÿanda yangu kuti batondeezye luyando ndwaakajisi naa kuzyiba mabbuku. Tinapanga gulu lokhala ndi filosofi yolembedwa m'buku la zakudya zosaphika. Aliyense amene savomereza bukuli sangakhale membala wa gululi. Madokotala omwe akufuna kukhala mamembala a bungwe la raw vegans association, ayenera kutseka maofesi awo osati kulemba mankhwala kapena poizoni kwa odwala, koma iwo ndi madokotala pambuyo pa zonse ndipo sangathe kusiya chidziwitso chawo cholakwika kwathunthu, ndipo ngati atero, alibe chochita. chitani osanena kanthu. Iwo amakambilana mu kalabu yathu za mavitamini, mapuloteni ndi katundu wa zomera. Mawu amenewa ndi zachabechabe, nthano, zongopeka komanso zopeka. Poyamba, ankaphunzitsa katatu pamlungu, kenako tsiku limodzi pamlungu ndipo ola limodzi lokha. Posachedwapa anthu adzatopa kumva mawuwa ndipo adzasowa mawu, atani? Kodi angapusitse bwanji anthu?

Pambuyo pake, ngati tsiku, Ramezani akuzama maphunziro ake ndikuvomereza zolakwa zake, ku~~siya sayansi ya zamankhwala,~~ kubwerera ku chilengedwe ndikugonjera ku malamulo a chilengedwe, ndife omasuka kumuvomereza ndipo ndidzanyalanyaza zomwe zandichitikira zovuta; Mulibe kukwiyira m'makhalidwe a vegans weniweni, ndife okhululuka.

Raw-Veganism ili pamwamba kuposa kusintha konse m'mbiri

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Ms. Astrie ndi gulu la ana aawisi anyama ochokera kumalo osungira ana amasiye

Gulu la ana osaphika anyama ku Nancy Anna Zabler ku Australia

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Arshavir Ter Hovannessian

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Chitsanzo cha munthu weniweni, woyambitsa dziko latsopano lopanda matenda, umphaŵi, njala, nkhondo ndi kuphana, chitsanzo cha munthu wosadya nyama wamba wa m'zaka za zana la 20, Anahit , 20-mwana wamkazi wa ***Aterhov,*** *yemwe sanadyepo chidutswa chimodzi cha zinthu zophika ndipo sanamwepo mankhwala aliwonse kapena katemera.*

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Anahit wazaka 15 (chithunzi chamitundu)

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Anahit wazaka 10 (chithunzi chamitundu)

Logo ya Tehran Raw-Eating Society

Tehran - 1976

Arshavir Ter Hovannessian, Mzinda wa Tehran, Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

ndi: 828878

Siginecha ya wolemba

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Dear mothers, note well:

If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.

If the mother's milk is made from dead food, then it's poisonous for baby.

Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.

Accustoming a baby to dead food is one of the most terrible sins.

Raise your children like Anahit, healthy and happy.

Raw Veganism, kusintha kwa chisinthiko